Mental

Hygiene

Influences affecting & Power. Saturday

Mental Health

1. Inherited cerebral organization.

2. Age.

3. Physical Influences:
   - A. General Health.
   - B. Air.
   - C. Food & Drink.
   - D. Exercise.
   - E. Sleep.

4. Mental Influences:
   - F. Civilization.
   - G. Education.
   - H. Intellectual Labor.
   - I. Excitements.
   - J. Mental stagnation.
   - K. Sympathy & Imitation.

Mental Health & Power.

Health, of body or mind, is wholeness; soundness; therefore, strength as well as freedom from disease.; with this latter, fulness of life and capacity for action.

I do not propose now to enter upon the theory of Mind, as to its nature: only saying two things regarding it: —— first, that I am not a materialist; accepting fully the Scripture teaching that what man, as created by his Maker, differs chiefly in from the brute, is, his spiritual nature, not his animal, nor even his merely mental nature: and, secondly, that

(2)

as we are made like in this world,

according to the brain so is the

Mind.

When the brain is young, the mind is immature; if the brain be injured, or diseased, the mind is deranged; when the brain grows old with decrep-itude of the body, the mind becomes feeble & dwindles away. But what is thus said of the mind cannot be truly said of the spirit. For, in childhood it may be full of power; in old age it may be renewed as with wings; in the hour of death it may find its time of glory in the midst of decay. The triumph of spiritual immortality over mortality & decay cannot assert itself more clearly than when mind and spirit are one.

1

Mental Hygiene (Mental Pathology)

requires the attainment, if possible, of a clear view as to the nature of mind, — or at least relation of mind & body.

Several views.

1. materialistic — Miss Martineau,

2. Spiritualistic — Emerson? Berkeley.
(dilettanto story) (Byron's satire)

3. Somato-psychic —

4. Pneumato-~~psychic~~ — my view —
psyche & pneuma of Bible —

Is mind mortal? If so, brutes must be. I define mind as &c —
but add recognition of spirit in man —
that by which especially he knows
then we have a rational, scientific basis
for mental hygiene; otherwise seems possible.

James VI of Scotland, Am. of Mam. Q. of Sc, - gestures when Rizzio was murdered; constitutional timidity.

Pinel states that of 92 children born after the blowing up of the Arsenal at London 1793, & more apparent a sort of cretinism & died under 5 yrs. 33 languished this miserable existence 9 or 10 months' — 16 were stillborn, & 2 were born with fractures of the large bones.

"at Hospice more than one instance has occurred, in which it was necessary to diminish the amt of a pupil's intellectual efforts, in consequence of the alarms & anxiety which it produced" Annals of Educa, 1833. —

See Dict Des Sciences Médicales, Art Isorogerie "The French were once exceedingly addicted to imitation. The age of Louis XIV, by creating a taste for intellectual refined pleasures did

over

Health

Offer apology for subject — an hour's discourse on
particular — to talk up with
outline — to select from various
in the subject — to select the
Design to use usual outline form
But as the season is unfavorable to heavy dissertation I trust
you will be satisfied with some suggestions.

2 Health is wholeness — soundness —
also strength not mere freedom from
this
Disease, but with this fullness of life capacity
for action.

To appreciate
We know this familiar
body: it is as true of mind

(Maternal impressions, effect on Offspring)

Age of parents, Bodily — effect on sex: Father Age, Male, & Vice versa.

Our Here

For, the highest & noblest organ of the body, the brain, is the ~~in this state of existence,~~ immediate organ of the mind. Believing fully that there is, of the hereafter, a celestial body also, it seems manifest that, in our present terrestrial estate, as is the brain, so is the mind over

(Cline's case) disappearance ~~of~~ memory
-mentary Present Recovered on his
physical mentions two such cases
Most remarkable Mr Cline's case.
A man hurt on a ship on Mediterranean
& made insensible at once was carried
in that state (after several months'
stay in Hospital at Gibraltar) to
St Thomas' Hospital, London. There
Cline trepanned Rapidly Died 3 hours after
he sat up & talked. This was 13 mos
after the accident, all which time he had
shown no sign of Consciousness. The last
thing he remembered was the taking of a
prize in the Mediterranean Sir A. Cooper
related this case in his Lectures)

George Aspull was a precocious
pianist — the "Infant Lyra" a child
prodigy on the harp; Eudulis Regondi
on the guitar. (R. Macnish's note)
Tasso wrote his epic at 22 — Pascal dies at 39.
Mental precocity is due to undue
premature development of brain in proportion
to rest of the organs; Disease in the head

Starting with the postulate and limitations ~~that~~ there we say that — Mental Health ~~depends~~ and Power ~~should~~ should function or perform ~~as well as endurance~~ are ~~dependent~~ affected by several positive influences:

X. 1. Organic, inherited ~~Importance~~ not sound

2. 2. Age — 3. Sex —

4. Physical influences

a. — General Health — b. — Exercise — c. — Tobacco — d. Drink

5. Mental influences

a. Curiosity; b. Emotion; c. Intellect Color; d. Excitement, or e. Stimulation; f. Sympathy.

Some say — all men are more or less unsound in mind! — perhaps ~~so~~ it is.

An absolutely perfect example of mental & moral Sanity may scarcely exist on earth. Yet, there are differences; & the differences are very important, among men.

Inherited organization is

Much — but far from all: not well to believe at the present time, as well to believe at any time in phrenology, or in Calvinism; and as well to believe, assuredly, in spite of Jonathan Edwards & Spinoza & all the sophists, ancient & modern, Comte & Mandeville & every one else, in free-will. But, as we know, in families. — Likeness in features, like figures, like faculties & manners too. Tho' it has been well said by an American author —

"that's the best blood that has most iron in it," — Bengalee blood actually has four times as many corpuscles as Englishman's.

Yet there is something in stock — for better sometimes — often for worse: not that stock is unmutable, however. The Autocrat of the Breakf. Table has said that it needs but 3 generations to make the rudest family genteel; & certainly one generation sometimes suffices

London Heathendom

a decade of family. — X

The most Surprising exceptions

to the Law of mental inheritance

are persons of great genius.

What has Shakespeare's Son? How

then — or Cromwell's Son? How

Seldom are there

the children of the great men

of the

great men, it is

to have been superior

and the merit of their fathers may

have been

performance of

their reputation

upon circumstances & opportunities.

And the question occurs, which

are the types?

the rule — the sort of minds we

view as great — or the lower

ordinary average? It is by no means

to degrade a family, for a century, a race.

H. Mayhew —
C. Dickens
Jas. Greenwood

London heathendom. School-children of educated & undue. classes (carpenters) Indian children. The most surprising exceptions to the laws of mental inheritance are those of persons of great genius. What was Shakespeare's father, or Cromwell's son? How seldom are there two extraordinary men (although there are often, (as Ealton has shown) two or three or more considerable, notable men) of the same name. There have been 2 Pitts, 2 Foxes, 2 Herschels, 2 Coleridges, and several Adams' and Beechers; — but not 2 Platos in philosophy, 2 Raphaels in art, 2 Miltons in poetry, or 2 Isaac Newtons in science. The mothers of great men, it is true, are often known to have been superior women; and that ought to count for much. And the merit of their fathers

may have been greater, sometimes, than
their performance or reputation; these
depending partly upon circumstances
and opportunities. × Galton —

And, further, the question occurs,
which are the types — which ought
to be the rule — the sort of minds
we view as great, or the lower ordinary
average? It is by no means

THE FOLLIES OF GREAT MEN.—Tycho Brahe, the astronomer, changed color and his legs shook under him on meeting a hare or a fox. Dr. Johnson would never enter a room with his left foot foremost. If, by mistake, it did it get foremost, he would step back and place his right foot foremost. Julius Cæsar was almost convulsed by the sound of thunder, and always wanted to get into a cellar or underground to escape the noise. To Queen Elizabeth the simple word "death" was full of horrors. Talleyrand trembled and changed color on hearing the same word spoken. Marshal Saxe, who met and overthrew opposing armies, fled and screamed in terror at the sight of a cat. Peter the Great could never be persuaded to cross a bridge; though he tried to master the terror, he failed to do so, and whenever he set foot on one he would shriek out in distress and agony. Byron would never help any one to salt at the table, nor would he be helped himself; if any of the article happened to be spilt on the table he would jump up and leave his meal unfinished.

YALE PERSONALS:
March, '40; Seymour, '58; Woodford, '54; Strong, '28; Sweetser, '58, - - - - - - - - - 130
EDITORIAL BUSINESS NOTES, - - - - - - - 130

UNDERGRADUATE DEPARTMENT:
Notes; Yalensicula; The Fall Races at Saltonstall—Report of Treasurer; Lament of a Love-sick Sophomore (Poem); Impoliteness; Boating; Library Books; Terror Terrorum (Poem); Sophomore Socities—No. III; A Maiden's "Psalm of Life" (Poem), - - - 131-133
Air Line to Boston, - - - - - - - - 133
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NEW ADVERTISEMENTS:
Pratt's Astral Oil—Charles Pratt; Earth Closets—Dry Earth Co.; University Series—The College Courant; Violet Ink—J. A. Duncan— - - - - - *Title page*
Young Men's Institute, - - - - - - - 122
Bulletin No. II—Judd & White; Old Colony Nurseries—B. M. Watson; Memoria—Hoadley, - - - 134

DR. C. L. IVES and Dr. A. S. Munson have given $1000 each to the funds of the Yale Medical College.

(from foot of next col)

Again, there are inherited eccentricities, even affecting Powerful & Disturbing Powers. Samuel Johnson spoke of his having, thro' a constitutional melancholy, the was singular enough always to touch every post with his cane as he walked along the street; & if he missed one, he must go back & touch it, or else had no content. And the brilliant genius, [illegible] Byron, certainly inherited from both father and mother, a morbid brain exposed to uncommon danger from its proclivities. The gentle & pure-minded Cowper was twice — attempted suicide — & struggled with religious melancholy all his life. Alexander Cruden the author of the Concordance, though a sincere Christian, was half mad very often — enough so to persecute terribly, in the most persevering & public way, accomplished ladies who refused his matrimonial advances. It is well to remember such possibilities — of the moral as well as the intellectual nature, — to aid us in explaining — in the light not only of charity but of justice — some of those calamitous & sudden lapses of conspicuous men which [illegible] us — those strange & sudden lapses of conspicuous men which surprise us almost as much as a thunder clap in the midst of sunshine.

Henry Mayhew and others have written from observation of London heathendom.

In the heart of that great city which is a world in itself, there are populations, of thousands, in bodily estate, mental abomination & wretched ignorance, not par with the savages of Kaffraria or Congo. Ask one of the boys of such a "Slaik" to pray, how he begs to live, — & the answer is "I'm a thief, yer honor" — And how do you live? "I steals" — "Does your father steal?" "To be sure he does" — "Does your mother?" "To be sure she does" — "Can you say the Lord's Prayer?" "No, I can't, but I can say a thief's prayer, and know a good many" — Charles Dickens in his fictions — & James Greenwood in his graphic descriptions, have thrown some light on these fields of bad desert — but Christian philanthropy is making many great though difficult efforts towards their improvement.

Back

certain that the Latter are normal
historically
I don't feel that we are in a de-
generate race — for beneath
human
this true ideal. We all have,
under healthy social institutions
& intellectual culture, — the Pericles
Alcibiades, (the admirable Crichtons)
& Récamiers,
the Corinnes — /
Raphaels
Angels and
& be the usual examples, not the
rare prodigies of our race.
The world may be entering at this present
about the time of the Millennium
there is something unexplained in the
occasional appearance of superla-
tive mental power — analogous to
the coming up of a new variety, or
such as those
a splendid specimen, with which the
gardener or farmer
horticulturist
delighted.
Inherited or educational — Johnson — Byron &
Half-insane — Moral anomalies explained

* Mental power is affected obviously by age; & mental characters too. The changes in childhood, confirmed youth, — reasoning manhood, and judging old age — tapers of mental & these Beyond childhood or last; are as distant stages as those of men bitterness, — sourness, & sapless fruit. followed by decay; no

For perfect healthy maturity these stages should succeed each other duly — without hastening by any process. Natural precocity is sometimes, though far from always, a harbinger of lasting superiority: forced precocity is almost inevitably pushed into premature decay or at least exhaustion & inferiority. As to the relation of age to mental power, some examples may interest us.

Young men,

~~From Adelaide Militia est then~~
clearly

*Alex Great had gained the battle

Cheronea ~~&~~ & mil. K. reput at 18; as-
-cended the throne of Macedonia before 20,
& had conquered the world at 25.

Julius Cæsar commaded a fleet
at 22. Augustus Cæsar delivered a funeral orat
at the death of his grandmother at 12.

Pompey had earned the surname
of the Great at 25.

Hannibal was Comander-in-Chief
at 26.

Scipio Africanus was dis-
-tinguished at 16 — & closed his mili-
-tary career at 21.

(Octavius was also very
early developed.

* Genghis Khan raised an army
of 30,000 men & defeated a rebel enemy
at 13

Christian Heinecken of Lubeck, (18th century) at 2 was well versed in history the Bible, at 3 had studied Ancient & Modern, & Eccles. Hist. at 4; then died. 7

Pascal at the age of 12 years without books or any instructor and while engaged in the study of languages discovered and demonstrated most of the Propositions in B. I. Euclid. at 18 wrote a work on Conic Sections which Astonished the world and at 19 invented a machine which calculates without a pen and without a knowledge of the rules of Arithmetic

Gassendi a french philosopher declaimed sermons at the age of 4 of his own Composition, at 7 spent whole nights watching the heavens. at 17 became Professor of Rhetoric at Digne & at 19 of Philosophy at Aix.

Sir Isaac Newton at the age of 24 laid the foundation of his two Great works the "Principia" & "Optics". He never studied Euclid. he could understand him by a glance.

J. Philip Baratier who died at Halle in 1740. 20 years old. at 5 years of age understood Greek, Latin, German & French at 9 drew up a Hebrew Lexicon at 13 published a vol. of hist. from Hebrew & at 14 invented a method of finding longitude at sea

O

Chattertor Dred 18

Leyan Rowlen at 10 -

Fasso was a juvenile

Bordigh —

* Gassendi — (inside)

Jas. Stuartbattle

Sir W Rowan Hamilton

Henry 4th of France com-
-manded an (Huguenot) army at 16 &
at 19 was King of Navarre.

Saxe enters the army at
12 — at 24 was Field Marshall
of Saxony
Prince Maurice Commanded
an army of 16.
~~(million) the Edict was distinguished as a program~~

* Peter the Great was ruler
over the Russian Empire at 10.

* Charles XII ascend the throne
of Sweden at 15 & completed a
successful campaign against Den-
mark at 18; against the Russians at
19 — & conquered Poland & Saxony at 24.

Cortes conquered Mexico at 36-
Gustavus Rose at 35 — Lieutenant at 17 — Emperor
Napoleon I was
at 25 — Commander in Chief of the Army of Italy at 26.
over

*Mozart composed admirable music, & still bears the criticism of the rules of the Science of harmony

Rubinstein & Liszt musicians at 9.

*Somewhat less wonderful was the Archaeologist Visconti, who at the same age could read both Greek & Latin with fluency.

Victor Hugo wrote a novel at 10 —

*Christian Heinecken, (See Thomas' Biogr. Dict.) of Lubeck at 2 was versed in the history of the Bible, — in his 3d learned French & Latin, — in his 4th studied ecclesiastical history; and then died — of course!

J. Stuart Mill began Greek at 3, read Plato at 7, wrote part of a Constitutional history of Rome at 9, Studied logic at 12, & political economy at 13; wrote for Westmr. Rev. at 18.

Tasso wrote his epic at 12

*Blaise Pascal at 12 was a profound geometer, — at 16 wrote a work on Conic Sections, at 19 invented a calculating machine, — & after &c died at 39 —

Sir I. Newton at 24 laid the foundations of his Principia & Optics —

Raphael died at 37

Sir William Rowan Hamilton was read at 36

a wonder of Learning at 12 —

Christopher Marlowe

who died at 28, wrote, earlier
than almost any of Shakespeares
plays coming nearer, in dram-
atic power & poetic expression,
to Shakspeare's, than any others,
before or since.

John Wesley died at 87 +

Erotius was very precocious. d. 62.
Clairaut, Mathmat. master of Fr. academy 18th year.
G. Bernini, Sculptor
(b. 1598, Naples) made a fine bust in marble, at 10; lived to 82 years.
~~Pico della Mirandola~~ 22 Languages at 18.
~~Bolsmer Dr. Hist. R~~ unintelligible
at 16 a 10 lived to 84
Eliz. Sophia Cheron, fine portraits at 14.
Torquato Tasso, Doct. of Law, Theology & Philosophy at Padua in 17th year.
Erasmus (b. 1538) pub. trag. Latin at 13.
Baratier a youthful prodigy.
Spoke, Latin, Erasmus & French at 5! Hebrew at 8! Died at 19.
Jerome Bignon (b. 1588, Paris) a wonder of learning at 12,

YOUNG MEN IN DIFFERENT COUNTRIES.—Edmond About, in his book, "The Roman Question," makes the following comparison of young men of twenty-five in different countries. After describing the education of young Roman nobles, he says, in this flashy way:

"One fine day they attain their twenty-fifth year. At this age an American has already tried his hand at a dozen different trades, made four fortunes and at least one bankruptcy, has gone through a couple of campaigns, had a lawsuit, established a new religious sect, killed half-a dozen men with his revolver, freed a negress, and conquered an island. An Englishman has passed some stiff examinations, been attached to an embassy, founded a factory, converted a Catholic, gone round the world, and read the complete works of Walter Scott. A Frenchman has rhymed a tragedy, written for two newspapers, been wounded in three duels, twice attempted suicide, vexed fourteen husbands, and changed his politics nineteen times. A German has thrashed fifteen of his dearest friends, swallowed sixty hogsheads of beer and the philosophy of Hegel, sung eleven thousand couplets, compromised a tavern waiting-maid, smoked a million pipes, and been mixed up with at least two revolutions. The Roman Prince has done nothing, seen nothing, learned nothing, loved nothing, suffered nothing. His parents or guardians open a cloister gate, take out a young girl as inexperienced as himself, and the pair of innocents are bidden to kneel before a priest, who gives them permission to become parents of another generation of innocents like themselves."

tions. A long life of regular habits prepared him for many years of intellectual and physical labor. The same characteristic in making himself thoroughly acquainted with every question, so as to be master of its innermost details, which has distinguished him from the beginning, marks all his labors in the Congressional arena, and if any additional proof were needed of his eminent fitness for the high office of Senator, it would be found in the fact that all his last arguments have been characterized by the logic, the brevity and nervous vigor that have made him one of the boldest thinkers and one of the ablest rhetoricians of the times. Will it be contended that a statesman so capable of wrestling with the stormy labors of the House, with all its incidental excitements, toils and vexations is too old or infirm to participate in the more thoughtful and tranquil sessions of the Senate? We will not compare or contrast the splendid intellectual achievements of our Representative with the efforts and trials of other men, but it certainly cannot be out of place to say, that if none of his competitors can point to so brilliant and marvelous a catalogue of service to the State, and especially of devotion to the great principles which triumphed over the rebellion, neither can they claim to be his superiors in the subordinate attributes of unbroken health and unimpaired constitutions. One of them is rapidly approaching his seventieth year; and the other, within a few months past, was compelled temporarily to suspend his official relations for the purpose of repairing an enfeebled constitution.

There is not a republican heart of the more than thirty-five millions of

* As to the emotional nature, also sometimes precocious,

Lamartine says that

Byron fell violently in love
fell in love
at 8 years; Dante at 11,
Leigh Hunt was a lover
at 11 or 12,
& Lamartine himself at 10.
Lord Shaftesbury has declared that = 49 of 50 of
all Criminals in England begin their career of crime bet. 8 & 16.

(2

(Part of Byron's Childe Harold was published when he was 24; Coleridge's Ancient Mariner at 17; Cowley's first volume came out when he was 13; Keats died, as it was said, killed by the Quarterly (Reviewers), at 24. Campbell's Pleasures of Hope was written at 21; Akenside's Pleasures of the Imagination at 23, Wordsworth published a volume at 23.)

~~* Chas James Fox W. Pitt your~~

Alex. Hamilton

*

at 13 was found

competent to take

charge of a mercantile

house; at 17, he addressed

with success a great

public mg.

~~Octavius = Scipio of~~

~~means = Hannibal~~

Chas James Fox, whilst

the Younger — were

early developed.

* W. C. Bryant wrote

an admirable pastoral

picture in his 14th year.

Do. one poem in his 17th.

Thanatopsis —

over

many endure it, by attacking or calls
[illegible] by blood to the brain.
*On the other hand,
Duchess D'Abrantes in her Memoirs
says that all that was said of Pitt
when really
person as a boy was that "he had
good health." Boys not brilliant
who make great men were, Shakespeare,
Moliere, Ebbon, (Aristotle (? at 17 he
was very good & taught scholar) Scott,
(Byron) Franklin (Rittenhouse, R. Sherman
(Clifford) (Herder) Sir H. Davy, (Adam Clarke &
Sir Bobie Mundy, about Davy &
Patrick Henry; W. A. Clarke
at 8 or 10 was "a grievous dunce, &
pried by his father only for his ability to
roll large stones!" Chancellor
Kent was as a boy [illegible] my fond
most of out door life; not keeping much
study till he was 24. See another page

(~~Lord ... Death~~)

Shakspeare wrote his first

poem after 30 his sonnets before 27.

Hallock published works which be ~~one of the greatest of recent surgeons~~

(Byron's first volume of poems

entirely ~~of~~ was published when he was 50.

Herman Goldschmidt of Berlin, (1
deceased 1866, one of the leading astrono-
-mers of Europe, was intended by his father
to be a merchant. At 30 he began the
study of painting, & pursued this art for
15 years. At 45 he began astronomical
observation. In 9 years he added 13 new

(2

asteroids of the Solar system discovered many variable stars, determined the places of 3000 stars not marked in the charts of the Berlin Academy.

"The youth of Goldsmith was unpromising; ~~Esther was considered a stupid~~ D'Israeli mentions that Mrs. Sheridan herself a literary woman, pronounced early that Lewis the dullest & most hopeless of her sons. The great Isaac Barrows' father used to say that if God should take from him any of his children he hoped it might be Isaac; as the least promising."

There is ~~a~~ interest, too, in the examples of an apposite kind of those Cato openers that keep the fullness of mental life to a far advanced ~~period~~ age.

partly

Notes from

Bryham

on Mental Culture etc

Education, &c

But great precocity is injured not
Said Tissot, of ten children he wished for,
~~infants~~ destined for different vocations I should
prefer that the one who is to study
most late should be the least
learned at the age of 12".—

Becland the travel Anatomist
died of "Brain fever" from over study,
Casimir Perier, Minister of France,
died of overbrain work in his post,
Chatterton, Keats, Kirke White, A. Miller,
Moreton Stille, & Kane—
(Newton & Southey—Sir Ray
Admiral Fitzroy—
Romilly Castlereagh)
"Strong Mental Emotion is a
mother predisposing to insanity" Dana vi gestures of many D. of Sc.
who Rizzio murdered—constitutional timid. See next page.

See Brigham's result for 16
lads (Utica Rep.) about the over
pressure of girls' brains—

Sophocles wrote his Oedipus
after he was 80 —

Cato learned Greek at 80 —

Hobbes, English philosopher,
amused himself by translating Homer at 87 —

Dryden translated Homer at 68 —
Bryant & Lord Derby after 70 years —
at 79

Cardinal Caraffa became Pope Paul IV,
& continued to be a vigorous Pope for a num
ber of years.

Victor Hugo —

Old Men who kept the vigor of great intellect.

Plato, (Sophocles, Cato,) Bacon, Milton, (Burke) Cuvier, (Corneille) Goethe & Humboldt retained the power to Old Age.

Titian the Painter died of the plague, still painting masterpieces at 96.

Michael Angelo - 1485 died about 90.

Our B. Urban Pontiff "Death" at 79.

Cardinal Caraffa became Pope Paul IV at 79.

Cardinal Fleury served Louis XV Minister of France 1726.

Cardinal Richelieu died with mental vigor & the cast at 93.

Handel composed Oratorios & Sophocles died at 67.

Ben Johnson & Rembrandt died at 63 - X

Mr. Jennings
seventy-five

Dr. Martin Joseph Routh, 101 yrs, publ. a book at 96, died 99.

Somerville, Scientist, finished a great work at 90, died about 92.

Caroline Herschel, astronomer, died over 97.

Josiah Quincy, wrote a life of J. Q. Adams at 90, died 93.

Lord Brougham died at 88 or 9

Lord Mansfield died at 88

Rogers, the poet was almost a centenarian

Duveyrier travelled Sinai at 68.

Abt 1870

Thiers, (1869) died B

Notary

Duke of Saldanha, Portugal, 1870, military coup d'état — at 90

Horace Binney, one of the ablest and most famous of Phil. delphia lawyers, died 1874, nearly 90, walks about our streets alone, a wise man, vigorous in mind and body.

In 1871, President of France, to 1873. through 76 years old

1868

Success at 82

1869

Sir D. Brewster, 86

Abt 1875

iniquity,—and for portraying them in th
colors of a perfectly spectral mode of life, sh
still retain any attraction whatever. As we h
said, within the last few years the pale of O
ford has become extended to an unprecedented
degree. Its mysteries have been not indeed
violated,—that is not the word, but certainly
divulged *sub auris*. The existence which i
passed within those cloistered walls—if there
still lingers around it any charm of romance—
has ceased to be anything of a secret: *intus e*
in cute novimus; the world knows or migh
know exactly how the mass of our undergradu
ates live, and that if their existence is no
passed Diogenes-like in tubs, college-rooms ar
yet very far from supplying an adequate repro
duction of the social usages of the island o
Cyrene.

Yet, in spite of all this, it is not so very lon
ago that "tutors of thirty years' standing
seized their pen and wrote to the papers
series of remarkable epistles conveying the su
prising intelligence that the great proportion o
our lads at Oxford were proceeding to ruin
with the utmost rapidity and the most un
swerving certainty, by means of that particula
avenue of which a greensward, a betting-ring
and a betting-book are the sure symbols; that
not merely were these youngsters in the habit
of living at a rate which their allowances an
the incomes of their fathers failed altogether t
justify, but that it was their systematic practic
nightly to lose at cards sums which woul
make respectable gamblers open their eyes
and that throughout the whole of the racin
season study was impossible on the banks
the Isis, because the young gentlem
who ought to be busy with their Latin an
Greek, were wholly and solely occupied wi
making up their books for the great events
the year. Indeed, these tutors, who gave us
understand that they were in possession of th
accumulated experience of three decade
vouchsafed us intelligence more alarming ev
than this. It w[illegible] no such uncommon thi

How Old are Our Authors?

Appleton's Journal gives the following as the ages of living American authors, announcing that the list has been compiled with great care: Gulian C. Verplanck, 87; Richard H. Dana, 83; George Ticknor and Charles Sprague, 78; John Neal, 76; John P. Kennedy, 75; Sarah J. Hale, 74; William Cullen Bryant, 73; Stephen H. Tyng, Francis Lieber and George Bancroft, 70; William H. Seward and Catharine E. Beecher, 68; Lydia M. Child and Leonard W. Bacon, 68; William H. Furniss and Ralph Waldo Emerson, 67; Horace Bushnell and George D. Prentice, 66; William Gilmore Simms and M. F. Maury, 64; Theodore S. Fay, John G. Whittier, Louis Agassiz and H. W. Longfellow, 62; James Freeman Clark, Isaac McLellan and Oliver Wendell Homes, 60; Charles Sumner, Horace Greeley and Alfred B. Street, 59; Harriet Beecher Stowe and Samuel Osgood, 58; C. R. Cranch and John S. Dwight, 57; John T. Headley, W. H. C. Hosmer, H. T. Tuckerman, W. H. Bellows, Henry Ward Beecher, and E. H. Chapin, 56; Richard H. Dana, Jr., and John Lothrop Motley, 55; John G. Saxe and Epes Sargent, 54; E. A. Duyckinck and Parke Godwin, 53; James T. Fields, John Bigelow, and Arthur Cleveland Coxe, 52; William E. Channing, Henry Giles, Mrs. E. D. Southworth, Mrs. E. F. Ellet, F. S. Cozzens, E. P. Whipple, and James Russell Lowell, 51; Julia Ward Howe, Thomas W. Parsons, C. A. Bristed, and Herman Melville, 50; T. B. Read, Samuel Eliot, J. G. Holland, and Edward Everett Hale, 48; Alice Carey, William R. Alger, James Parton and Donald G. Mitchell, 47; Francis Parkman and George W. Curtis, 46; Richard H. Stoddard, George H. Boker, and Bayard Taylor, 45; Mary A. Denison and Charles L. Brace, 43; Paul H. Hayne, Mary L. Booth and William Crosswell Doane, 38; William Swinton, 36; Ellen Louise Chandler and James Grant Wilson, 35; Thos. B. Aldrich and E. S. Rand, Jr., 33. Of these, however, Francis Lieber was born in Germany, Henry Giles in Ireland, and James Parton in England, and are not strictly American.

1869

LIVES OF GREAT MEN.

It has often been asserted that most persons of genius die young, and many examples have been cited by way of proof. Alexander the Great died at the age of 32, Byron at 36, Mozart at 36, Weber at 40, Schwanthaler at 47, Mrs. Hemans at 41, Mendelssohn at 38, Bellini at 33, Bishop Heber at 44, Kirke White at 21, Schiller at 46, Dickens at 58, Hood at 47, Burns at 37, Sir William Jones at 48, Pitt at 47, Addison at 47, Fielding at 47, Chatterton at 18, Goldsmith at 43, and the greatest exploits of Napoleon and Wellington were achieved before they attained the age of 45. And it may be admitted that the achievements of the majority of great men have been made by the time they attained that age. Yet when we look around Europe and take note of the men who exercise the principal influence there, and are the mediums by which its destinies are swayed, we shall find that mature age and old age have a far larger power than youth and early middle age have. At the present moment, the Emperor of Germany, Bismarck, Von Moltke, Von Roon, Thiers, Guizot, Canrobert, McMahon, Gladstone, Disraeli, Pope Pius IX, Earl Russell, Cardinal Antonelli, Lord Granville, Mazzini, John Stuart Mill and Carlyle, are all over 60—some of them are more than 70. The illustrious composer, Auber, whose death, at the age of 87, has recently been announced, was in the habit of composing music almost up to the period of his decease. Lord Lytton (Bulwer) still writes, at the age of 66, (and two of his later works are the greatest of his life. William Cullen Bryant is another illustrious instance of the cultivation of literature in old age; so is Victor Hugo, now in his 70th year. Sir Edwin Landseer paints pictures at 68. Our own Sully is still at work at 88. Horace Binney looks hale at 91. General Robert Patterson manages fourteen cotton and woollen mills at 80. Joseph R. Chandler, editor, statesman and diplomat, is still engaged in works of usefulness, although an octogenarian. These are but a few of our Philadelphia veterans.

But if we search the records of the dead the testimony in favor of age is overwhelming. Beginning with the ancients we find that Julius Cæsar was assassinated in the zenith of his power, at 55; Hannibal poisoned himself at 60; Solon died at 80; Cato, the Censor, at 85; Marcus Aurelius at 59; Trajan at 65; Constantine the Great, at 65; Cicero was put to death when he was 63, retaining his vigor and eloquence to the last. Pindar died at 80; Anacreon died at 85; Demosthenes at 63; Thucydides at 70; Æschylus at 68; Euripides at 80; Sophocles at 90; Plato at 82; Socrates at 70; Aristotle at 62; Aristophanes at 64; Galen at 70; and Hippocrates at 104. Sulla died in the midst of his terrible power at 59; Marius at 71, dreaded by the soldier who was sent to murder him; and Seneca underwent his fate with stoicism at 70. Now it is recorded of nearly all of these great men that they retained their faculties in full vigor until a very late period, and their greatest exploits were performed in middle age. Among the Roman poets, Virgil sang very sweetly up to fifty, Ovid to 60, and Horace to 57. When we come among the moderns the same rule holds good. Milton wrote "Paradise Lost" when he was 62. Scott continued writing novels up to 61. Lords Brougham and Lyndhurst were distinguished for the activity of their minds after they were 80. There was but little diminution in the mental powers of Franklin at 84, and the same may be said of Lord Palmerston and Mehemet Ali. The longevity of literary men and musicians is remarkable. The poets Moore, Joanna Baillie, Wordsworth and Goethe, died over 70; Lingard died at 92, Miss Edgeworth at 83, Chateaubriand at 80, Campbell at 67, Southey at 68, Madame D'Arblay at 88, Coleridge at 62, Charles Lamb at 60, Bentham at 85, Kant at 80, Burke at 67, Horace Walpole at 79, Adam Smith at 69, Dr. Johnson at 75, Diderot at 71, Lord Kames at 86, D'Alembert at 66, Voltaire at 85, Rousseau at 66, Hume at 65, Swedenborg at 83, Richardson at 72, Fontenelle at 100, Montesquieu at 66, Bishop Berkeley at 69, Bishop Butler at 60, Watts at 74, Swift at 78, Defoe at 68, Fenelon at 64, Prescott at 63, Clementi at 81, Pleyel at 75, Auber at 87, Haydn at 76, Handel at 75, and Beethoven at 57. Those who have devoted their lives to science can show as good a record. Sir Mark Brunel died at 87, Miss Caroline Herschel at 91, Dalton at 78, Cuvier at 65, Laplace at 78, Sir William Herschel at 84 and his son John at 81, Watt at 83, Lagrange at 77, Lalande at 75, Faraday at 76, Linnœus at 71, Halley at 86, and Sir Isaac Newton at 85. Mrs. Somerville is in her 92d year. The list of eminent old men could be extended very much further. John Adams died at 91, Thomas Jefferson at 84, Benjamin Franklin at 84, John Quincy Adams at 81, Andrew Jackson at 79, Winfield Scott at 80, Henry Clay at 76, Daniel Webster at 71, Admiral Charles Stewart at 91, Talleyrand died at 84, Benjamin West at 82, Corneille at 78, Dryden at 69, Bossuet at 77, Locke at 72, Hahnemann at 88, John Wesley at 88, George Whitfield at 76, and William Penn at 74. Many distinguished military men have survived to an advanced age. Wellington died at 84, Radetzky at 91; and among the famous Marshals of Napoleon we find that Soult died at 82, Marmont at 78, Grouchy at 82, Sebastian at 80, Molitor at 79, and Oudinot at 80; but as a rule longevity is fatal to military and naval men, though we occasionally meet with brilliant exceptions, like the late Admiral Stewart and General Sir Charles Napier.

r the upper lakes on Friday. Cool westerly inds and partially cloudy weather will pro-ably be experienced in the Middle and East-n States.

[Correspondence of the Public Ledger.]

THINGS IN NEW YORK.

NEW YORK, June 29.

There is a general disposition on the part of tizens generally to "clear out," as the say-g is, until after the Fourth. All the Sound oats, it is said, have every berth engaged thus rly for Saturday, Sunday and Monday even-gs. The action of the Stock Exchange and old Room in adding Monday to the holiday the occasion of some complaint on the part the merchants and other business men, ho cannot see the propriety of the proceed-g so long as the banks keep open, and the achinery of general trade is not arrested by egal enactment.

Commodore Peet, of the Atlantic Yacht lub, is out with general Order No. 1, from the ag ship Nimbus, commanding the squadron o rendezvous at Whitestone Bay on the 3d of uly. On the following day there is to be a egatta in which all the third class sloops will ake part. The Peerless, Vice-Com. Maxwell, s detailed from the 1st to the 6th of July, to epresent the Club in the 4th of July regatta t Cape May.

A remarkable "case of conscience" came to he knowledge of officer Frazer, of the Broad-vay squad, this forenoon. In walking along he street he was accosted by one Michael aughlin, of 335 Carbon street, Philadelphia, vho desired to give himself up to justice, tating that about a year ago he had shot a nan named James McGee, during a melee at he corner of Thirteenth and Federal streets, hiladelphia. He had been informed that IcGee had said that he (Laughlin) had in-ulted his (McGee's) sister. Meeting McGee e went over to apologize to him, but McGee efused to accept the apology, and assaulted im, and knocked him down, and was hitting im with a brick, when Laughlin fired, ounding him in the arm. He immediately ed from Philadelphia, and since that time as been wandering about the country. His onscience smote him sorely, and becoming de-ressed in spirits. he determined to give him-elf up. The authorities of Philadelphia were otified by telegraph, and Laughlin will pro-ably be sent for.

"Erie" was up in the U. S. District Court, efore Judge Blatchford, this forenoon, with eference to the claim of the English share-olders. Jay Gould, James Fisk, Jr., Fred. ane and others of the Erie party submitted arious affidavits to show—first, that the regis-ation of the certificates with the Farmers' oan and Trust Company was not absolutely ecessary to make them marketable; and econd, that a compromise was sought to be ffected for the settlement of this litigation, hrough the agency of one John Thompson, ho represented himself to be the confidential riend of Wm. M. Evarts.

The basis of said compromise was that the 0,000 shares of stock should be returned to he counsel for Heath and Raphael in ten-hare certificates, to be distributed to the laimants with properly executed powers of ttorney, so that future holders could re-ransfer them at pleasure.

Counsel for Heath and Raphael flatly denied he allegation with reference to Thompson, nd the Court gave permission to prepare affidavits answering it in detail. Ex-Judge Beach, on behalf of the company, then re-sumed his argument against the motion to compel Jay Gould to return the 30,000 shares of stock, alleging among other things that Gould was not a party to this suit, and that the issue of the 30,000 certificates upon the convertible bonds was a perfectly legal trans-action.

A German named Charles Herm, residing at 38 Hester street, committed suicide this morn-ng by hanging himself while laboring under aberration of mind. He was about 35 years old. This is the eighth suicide brought to the notice of the coroners since Saturday last.

The Polaris is not off yet, nor is it probable she will take final leave of us until to-mor-row. The delay is occasioned by the non-arrival from Washington of the inventor of the whale-oil fuel, which is to be used in the Arctic regions, and which he is to instruct the men how to use.

Captain Hall has received many valuable contributions of books and other things not less acceptable, from considerate citizens, within the day or two past. This morning somebody sent him a tin can, carefully sealed, and labelled "not to be opened until the Polaris had reached the Arctic seas." But on its passage to the Navy Yard for being ship-ped, it met with an accident, and the secret leaked out. It was a can of patent axle grease, with which Captain Hall or his survivors were affectionately requested by letter to lu-bricate the axle of this slow-going world, if found at the Pole.

The trial of William O'Kell, charged with receiving bonds stolen from the Norwalk Bank, resulted to-day in a verdict of guilty, and the accused was remanded for sentence on Monday next. The case has excited more than ordinary interest, owing to the social position occupied by the accused.

The German Saengerfest is practically at an end. The Germania Society of Baltimore, the Choral of Washington, and Liedertafel of Buf-falo, the successful competitors for the prizes of yesterday, repaired in a body this morning to the Germania Assembly Rooms, where they received them at the hands of the President, Dr. Haidenfeld, after the customary ceremo-nies. During the afternoon the picnic at Jones' Woods was continued.

The cost of entertaining 2000 singers for five days has been very heavy, and much exceeds the $1 per day for each member, allowed by the Bund. The expenditures, it is said, have largely exceeded the receipts, but the deficiency will be made good by assessments upon New York societies.

A platform on which two painters were em-ployed in front of a building in Newark avenue, Jersey City, gave way this morning, precipitating the unfortunate men a distance of 40 feet. One of them—a German, named Fanier, was killed on the spot, and the other, a Dane, named Bock, received injuries which will probably prove fatal.

The Olympic benefit for the widow and or-phans of the late Dan Symons, this afternoon, yielded about $1500 net.

Ex-Judge Stewart is to make application to Judge Ingraham, in the Supreme Court, to-morrow, for a stay of proceedings in the Foster case.

Steamships The Queen, and Parthian, from Liverpool, arrived at this port this afternoon. The former brings about 1000 steerage passen-gers.

In commercial and financial circles the day has been an unimportant one, owing in good part to the absence of many of the leading bankers and brokers in the country. Money is as abundant as ever at from 2 to 4 per cent. Discounts are moderately active at 5 a 6 per cent. for the best paper.

Gold has made no headway to-day in

Old Men who kept, late in
life, the vigor of their great intellects,
have been such as

Plato, Sophocles, Pindar, Cato,
Bacon, Milton, Burke, Cuvier,
Corneille, M. Angelo, Goethe, Humboldt and
others.

Titian the painter died of
the plague (still to that time painting
masters pieces) at 96. Michael Angelo
painted till he was 85.
(Sophocles wrote his Oedipus
after he was 80.)

(Cato learned Greek at 80.)
Hobbes translated Homer at 87—
Dryden the same at 68—
W C Bryant & Lord Derby at last as
old engaged in the same literary labor—

Newton, Locke, & Johnson, Chaucer, all died rather old men — Mitchael Angelo at 88 —

Rogers the poet died at 93

Lord Brougham — at 90 —

A Humboldt about 90

Sir David Brewster at 86 —

Car. Herschel, over 97

Mary Somerville, found her great work at 90 — Died about 92 —

Joanna Baillie, died in 90th year —

Montgomery — 82 —

Cardinal Caraffa became Pope Paul IV at 79, & continued to live, a vigorous pope, several years —

Cardinal Fleury was Prime Minister of France to 90 —

Card. Richelieu died, with mind active to the last, at 93 —

Duke of Saldanha, in Portugal, changed the government by a Military coup d'état at 90 —

Lord Palmerston was a great Parliamentary leader
after Thiers, of France, in 1869, at
73, began study of botany —
from 1871 to 1873 was President of
the Fr. republic) — and till his
death, ~~last year,~~ was one of the
most important men in France,
Chevreul, Prof. of Chemistry in Paris lectured in 93d year
Raumer worked still as Prof. Pasteur in Berlin in 92d y.
John Wesley & Charles Wesley,
one at 88, — the other near 80,
~~still strong~~ & active till struck down
by death —

Wash. Irving was vigorous at
Ranke in Germany still working
75 — Ristory at 86, and Geo. Bancroft over 80 —
All our great poets now
living are over 60, several over 70 —
Bryant over 80 — Longfellow,
Whittier, Holmes, — have written
most of their best poetry since the 60th year

Sir I. Newton died at 84.—

Franklin at 84 Soc. to the
last year of his life, last work
the Biography published at 83.

John Locke died at 73.

Sr S. Johnson at 75.

Chaucer the poet at 72
Bentley the Scholar at 81— Hobbes, Philosopher, 91.

Lord Mansfield clear in
intellect till he died at 89.

~~Continued to be~~

~~A Man of Ten a great~~
~~learning & Science to 90.~~

Lord Palmerston one of the

2 Leaders 1 Thinker Politician

beyond 80 Thiers, Pres. Tribune '71, 2,
over 75 years of age

Duke of Saldanha Corps d'Etat
in Portugal, 90! Other

2 Hd 2 yrs Secr
& Tr. Acad
of Sciences

*The general rule, however, in any/or
not to forget & with reethe of
these lists of distinguished names
the processes or those who kept full mental vigor to the
end of long lives
Reason does not generally ripen
fully much
before 30, — and judgment comes
goes to decay at or by or before 70. Even
imagination is not at its full power
commonly before 25 — and it grows dim
after somewhat
in brilliancy before middle age —
by or
to the natural, (and) short to the spiritual eye,
(when there has passed away a glory
from the earth.") Does wisdom then
belong to old age as such? With no
exercise or design of mine, ~~[illegible]~~ ~~[illegible]~~
~~[illegible]~~ I answer — no! Experience
comes with time — truly: but the power to use
it most ably wanes when the step totters
& ear
and the eye grows dull. Even the old
doctor, it is now understood, is not always
^ Saint
better than the well trained & capable young one.

Mrs Browning, Lord Brougham, Lord Macaulay, Daniel Webster

The aged are commonly especially unfit to deal successfully with new questions. (1)

* As to Sex — I will not now but indeed argue the old question as to the superiority of the male or female mind. Enough for the present purpose to state my conclusions: that they are different, — but that neither should assert absolute superiority. — I will not go either with Mohammed, who denied that women ever have souls; or with the late Mrs Farnham, who considered man only an undeveloped woman, as much Darwin & Huxley regard man as a developed ape; but I hold that both Sexes are needed to make the full complement of humanity: the stronger reasoning intellect and mental persistence of man, on the one side, with the quicker and more refined perceptions and intuitions and

the predominant emotional and apperceptual
nature of woman, on the other. In Paris at one
of the Palaces, there were during the last empire, two portraits
hung side by side, of Napoleon III &
Eugenie. Under the former are words — "Honneur, Patrie. Under
the other — "Piété, charité. This is a
tolerable secular classification of the admirable
virtues. Neither can make a complete
ideal human character without the other.
So, we find every noblest man lacks
feminine traits; not to weaken but to
adorn his manhood; and every noble
woman has something of the man-like
strength; — which is perfectly compatible
with the gentlest, tenderest and most love-
-ly womanhood; strength being very far from
synonymous with roughness. This word
has taken place in my mind that I

"

For woman is not undeveloped man,
But diverse; could we make her as the man,
Sweet love were slain; his dearest bond is this,
Not like to like, but like in difference.
Yet in the long years liker must they grow;
The man be more of woman, she of man."

Tennyson's Princess.

I recognize one truth in ~~the~~ one of the thoughts of Theodore Parker, ~~&~~ who regarded God as not the All-Father only — but, with the same reverence the All-Mother as well. This idea, of the worship of the Divine Image of the Womanly, or that in womanhood which is may after the image of God, — is, I presume, ~~I doubt~~, — at the bottom of the worship of the Virgin Mary in the Roman Church.

* The application of such thoughts to our immediate subject is — that most men's minds want, for their entirest health — more tenderness, — and most female minds, more strength: and culture, true culture, mutual culture, may aid both thus to approach perfection.

(Quote Tennyson's Princess) ⊗

*Physical influences, I have said, affect mental health. Soundness of body is indispensable to the full efficiency of mind. Once, people believed almost the reverse; regarded the soul and body as mutual enemies. My earliest conception of a man or woman of genius was of a pale and attenuated individual, with great luminous eyes above white cheeks — all intellect & no flesh — a small candle with a very large and brilliant flame, for coarse, its wick & substance, more than so morbid; and it is getting, fortunately, to be understood to be so. We do, to be sure, meet with {exceptions} such {exceptions} sometimes; but they are exceptional, not normal; and the intellect which shines {for} in a feeble wasting body would be not only able to last longer, but to be more, and do more, were the body as strong in proportion to itself.

Let us try to do justice to the examples.
Melancthon Calvin
Descartes, Richelieu, Paley,
Pascal, Baxter,
Locke, Watt, Pope,
Cowper, Campbell, Kitto,
R. Hall, William of Orange,
Hannah More, Tom Hood,
J. S. Mill, Chas. Darwin, H.
F. W. Robertson, — and, in
this country, Dr Physick,
Dr Channing, Margaret
Fuller, and Prescott the his-
torian: all these had
to acquired great intellectual power under
infirm or imperfect health.
Henry Kirke White or
England & the Davidson poetess
also famous examples.

Let us try by justice & the examples of both sides. Marked great minds were

Pascal — Calvin — Channing —
(Bodies contain)
John Kitto — watt
Robert Hall — Pope — Cowper —
Thomas Wood (Cattle)
Margaret Mackay —
(H.K. White) the Davidsons

These men & women were intellectually great in spite of ill health.
A few instances will suffice to show that this is not the rule

Many Robust Great Men —

Washington, B. Franklin, Napoleon I, Iron Duke Wellington
John Wesley, W. Scott — Prof. Wilson (Chr. North)
Audubon, Humboldt, Agassiz,
Curier, Brougham,
Palmerston, Lyndhurst — Audubon
Stephenson — Sir Wm Hamilton —
W.C. Bryant — W. E. Gladstone
(Right Hon.) (Chappy treas)

There is, then, a Muscular Intellectualism —

as well as a muscular Christianity; and
~~that is the healthy kind.~~

A late writer has observed that,

A late lord Lovelace — attorney
of these was struck Lindsay in Justice,
neither

Jul. Cæsar,
Charlemagne
Napoleon
Washington
Napoleon I.
Napoleon III
Peter the Great

D. Webster
H. Clay
Al. Humboldt
Agassiz
Audubon
Shakespeare
Milton
M. Angelo
Da Vinci
Titian
Goethe
Burns
Bryant
Tompkins

Great genius are
evidently with the
Lovelaces when the same

It cannot be said that the most
distinguished highly intellectual women
have been ~~generally~~ beautiful. Feminine beauty

GREAT men have as a rule had strong, handsome, fine-fibred, enduring bodies. Napoleon was very strongly and handsomely built, and had immense powers of working and enduring fatigue. So had Wellington. Humboldt all his long life needed only four hours a day of sleep. Agassiz is a man of prodigious physical strength. Cæsar was of uncommon endurance and athletic vigor. Charlemange was of colossal stature and vast physical strength. Washington was an exceedingly strong man. Henry Ward Beecher is remarkably powerful in his make, strong-limbed, deep-chested, heavy, and at the same time quick and active. Daniel Webster was of massive physical proportions. Henry Clay hadimmense endurance. So had S. S. Prentiss, probably the most wonderful orator the United States ever produced, and who could travel, speak, eat talk, plead in court, and gamble over a faro table for three or four days without sleeping at all, and look all fresh and bright when he got through. All great soldiers have had great strength and endurance. Sherman and Grant and Thomas have it. Scott had it. Of Wellington and Napoleon and Cæsar I have spoken. Frederick the Great had it; and Marshal Saxe, the strongest man of his day; and Charles XII. of Sweden, and Gustavus Adolphus. Great philosophers and great poets and artists have not been so remarkable for vast strength as for fineness of texture and (in the case of the poets at least) for personal beauty. Goethe was wonderfully handsome and stately in person. Shakespeare was a handsome man. Milton was singularly attractive in person. Robert Burns was handsome and vigorous. Byron, though lame, had otherwise an extremely fine face and person. Tennyson is a man of great strength and commanding and handsome physique. Southey and Wordsworth were men of fine person. Keats was handsome. Raphael, Albert Durer, Michael Angelo, Titian, Leonardo da Vinci, Rubens Vandyke were all men of very beautiful or of very stately personal appearance.—*Herald of Health.*

a speech of nearly three hours, [illegible] masterly vindication of the Church. He has embodied his speech into a pamphlet of sixty-four octavo pages, which will soon be issued by Tibbals, the title of which is as follows: "A Defence of American Methodism against the Criticisms, Implications, and Complaints of a series of sermons by Rev. Edward E. Bryan, pastor of the Old-School Presbyterian Church, Washington, N. J."

Reported for THE METHODIST.

Philadelphia Methodist Items.

"THE ploughman shall overtake the reaper, and the treader of grapes him that soweth seed." This is happily illustrated in the condition of Newark circuit, under the charge of Rev. Messrs. J. Shields and W. Coffman. They have received one hundred and fifty into full membership, and have rejoiced in the conversion of one hundred and seventy, one hundred and fifty of whom have joined on trial. This work has been mainly at Newark, Flint Hill, and Christiana. Three churches have been repaired, refurnished, and the entire expense met. The Centenary collection will be five hundred dollars. Sabbath, December, 30th, 1866, Cherry Hill M. E. church, on this circuit, was reöpened. The pulpit was filled by their former pastor, Rev. G. W. Lybrand. In the afternoon there was a gathering of the children. It was a success financially. This circuit, in numerical and financial strength, is first on the district.

MARIETTA STATION, Rev. J. Stringer pastor, has been favored with great prosperity. The membership has been increased from one hundred and nine to two hundred and seventeen. They have painted, papered, and refurnished their beautiful church. The Centenary collection was good. In addition to all, they are making an effort to increase the library. The pastor lives in the hearts of the people.

PHILADELPHIA METHODIST CHURCHES.—Calvary, M. H. Sisty pastor, [illegible]

A late writer has observed that

GREAT men have as a rule had strong, handsome, fine-fibred, enduring bodies. Napoleon was very strongly and handsomely built, and had immense powers of working and enduring fatigue. So had Wellington. Humboldt all his long life needed only four hours a day of sleep. Agassiz is a man of prodigious physical strength. Cæsar was of uncommon endurance and athletic vigor. Charlemange was of colossal stature and vast physical strength. Washington was an exceedingly strong man. Henry Ward Beecher is remarkably powerful in his make, strong-limbed, deep-chested, heavy, and at the same time quick and active. Daniel Webster was of massive physical proportions. Henry Clay hadimmense endurance. So had S. S. Prentiss, probably the most wonderful orator the United States ever produced, and who could travel, speak, eat talk, plead in court, and gamble over a faro table for three or four days without sleeping at all, and look all fresh and bright when he got through. All great soldiers have had great strength and endurance. Sherman and Grant and Thomas have it. Scott had it. Of Wellington and Napoleon and Cæsar I have spoken. Frederick the Great had it; and Marshal Saxe, the strongest man of his day; and Charles XII. of Sweden, and Gustavus Adolphus. Great philosophers and great poets and artists have not been so remarkable for vast strength as for fineness of texture and (in the case of the poets at least) for personal beauty. Goethe was wonderfully handsome and stately in person. Shakespeare was a handsome man. Milton was singularly attractive in person. Robert Burns was handsome and vigorous. Byron, though lame, had otherwise an extremely fine face and person. Tennyson is a man of great strength and commanding and handsome physique. Southey and Wordsworth were men of fine person. Keats was handsome. Raphael, Albert Durer, Michael Angelo, Titian, Leonardo da Vinci, Rubens Vandyke were all men of very beautiful or of very stately personal appearance.—*Herald of Health.*

Jul. Cæsar,
Charlemagne
Franklin
Napoleon I.
Wellington
Humboldt
Dr Webster
H Clay
Al. Humboldt
Agassiz
Audubon
Shakespeare
Milton
Michael Angelo
Da Vinci
Titian
Goethe
Burns
Byron
Tennyson
Southey
Wordsworth
Keats
Raphael
Albert Durer
Rubens
Vandyke

It cannot be said that the most distinguished highly intellectual women have been generally beautiful. Feminine beauty

*All influences, therefore, which promote bodily soundness and vigor are favorable to mental excellence & performance. Pure air is so. How dull one feels in a close place. It is wonderful that any judgment is ever given by the venerable men who preside in courts of Law, in such an atmosphere as they generally sit in. Justice is represented in the pictures as without eyes — perhaps she is without lungs also. Otherwise we must suppose the common explanation — that they can get used to it. For the finest creative acts of mind I believe it to be impossible. T. W. Robertson, one of the most admirable of late clerical speakers, stated that he never could compose well except in a room whose windows looked southward.

some men are always melancholy in our climate, when there is an East wind. Frenchmen & Italians can scarcely exist in the winter atmosphere of England, & Italy itself, the Sirocco from the Mediterranean often depresses mental and nervous action very low. In La Plata, when a certain wind blows, many people shut themselves up and put up curtains. If one then is quarrelsome or petulant, his excuse is, — "It is the North Wind."

* Food, too, and drink affect the mind very much. "Drink beer, think beer" — is a maxim. Some account for the cloudiness of the German Metaphysics by the beer & tobacco they imbibe. It is astonishy, nevertheless, how much lighter, than all its clouds, that German mind has shed upon the world

Of all the errors fatal, however,
to intellectual activity, gluttony
the most immediate, in action,
must be first, from the beginning; and
intemperance most certain in the end.

"When the wine is in the wit is out"
is a proverb; and this is usually
true. When men drink and
laugh hard together, — it is not
with that makes them that they grow
more brilliant as they empty their
bottles — but that, then, less bril-
liancy will make them merry.
If one wants real wit, let them
go to a cold water dinner.

I know that some men of magnificent minds
have been intemperate; that was their and
the world's misfortune. It is true that Pitt
and Webster, Byron & Poe, drank;
but Burke and Lincoln John Bright, and Whittier,
did not, & do not.

*Little need be said here (2 now)
the value of exercise. Everybody
now admits it. Skill that is not
enough appreciation of physical
culture, especially in the Young
Schools have often too many hours
confinement. Let me give one illustration
At a manual labor educational
institution lately, there were
three different sets or classes of
pupils. One set came to the school
only — six hours in the day. Another
set worked all day on the farm.
The third had half time at school,
and the other half at work. Now the
last class, which divided time between
brain-work and muscle labor, at the
end of the year knew more of the same studies
than those who were at school all the time,
& were stronger in body than those who only worked.

Valentin showed that when an animal is varnished all over its threatening symptoms disappear on its being placed in a higher temperature; as though death occurred from increased loss of heat.

Laschkewitsch of St. Petersburg lately seems to confirm this by finding that, if surrounded by cotton-wadding, a varnished animal [illegible] but dies when

The Miner's Association of Cornwall & Devonshire, having established an educational "Department of Science & Art," - finds it proved that for improvement by study, the schools must be brought near to the mines, - and half the daily manual labor of those who study must be remitted.

NAVAL MATTERS.

Master Bloomfield McIlvane is ordered to ty at the Philadelphia Navy-Yard. Second sistant Engineer T. L. Vanderslice is de- ched from the Yantic and ordered to duty the Philadelphia Navy-Yard.

CUBAN REPORTS.

A Southern gentleman, who visited Cuba r the purpose of ascertaining the state of fairs for himself and friends, writes under ate of September 1st, as follows:

Funeral of John Bell.

NASHVILLE, Sept. 11.—The funeral of the on. John Bell, who died on Friday, will ake place to-morrow. At a meeting of the ashville bar and citizens to-day, resolu- ons were passed eulogizing the deceased. e citizens' meeting was addressed by nry S. Foote, ex-President Johnson and ers. Mr. Johnson spoke of Mr. Bell as a

HALF TIME SCHOOLS have recently been established by the school committees of several manufacturing towns in Massachusetts. This plan, it is asserted, advances the pupils more rapidly and thoroughly than the common all-day schools. In the mills it has been ascertained that such pupils do better work, and earn more money than they would by being in the factory all day. The children and their parents at first were afraid of the scheme, but as a proof of the popularity of the plan, it is asserted that the average daily attendance in the half time schools is 97 per cent. So high an average being unknown in the common day schools.

* for mental health,

Sleep, of course, all require:
But all do not know what has-its
loss may do. So delicate is the brain
of infancy and childhood, — that I
would make it a rule never to wake
up a sleeping child, under any cir-
-cumstances. If the house is on fire
take it up and carry it out without
raising it. [In this country one of Dr
Franklin's wise maxims has sometimes
done harm by being misapplied:

Early to bed and early to rise.

Makes a man happy healthy & wise, all
true if both parts are carried out;
but some good people urge & maintain
only the last half; make it one of the
cardinal sins not to rise with the
lark, no matter how long you may
have watched with the bats & owls.
This may be sometimes ruinous.

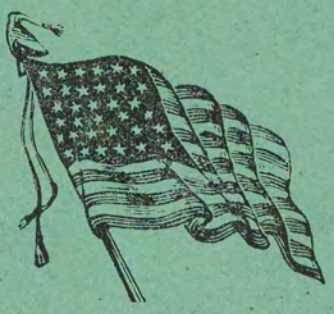
Frederick the Great & Alexander Humboldt are said sometimes to have slept but four hours in the 24. But Prince Charles of Hesse does not confirm the statement of Frederick, & Humboldt. Gen. Grant, Secretary Blaine, & Governor Hoyt are reported to have slept but four hours in the 24. Napoleon I. only I don't believe that. And I don't believe that no one is safe, save a few exceptional persons of prolonged health, who for many months together has less than 6 hours of sleep in the twenty four. For most adults 7 hours are decidedly better, & they work hard, & are best for health. Many persons need more, & infants should sleep more than half of their time.

"Wasting the midnight oil", even if it be as cheap as kerosene, is the most extravagant squandering known to man.

!

"Nature requires five
Wisdom Seven
Laziness nine
Wickedness eleven."

Five
Seven
Nine
Eleven



The Star Spangled Banner,
Oh, long may it wave,
O'er the Land of the Free,
And the Home of the Brave!

SPRINGTOWN MAGAZINE

FOR

1864.

MARY JANE DEVINE, Editor.

SPRINGTOWN, C. W.
1864.

~~But, he suffers even more than a child~~ ~~of~~
~~disease~~ Over-brain-work is a frequent
evil "Modern times"

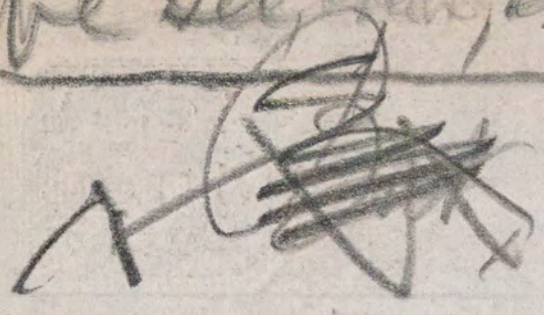
Beclard the French
anatomist died
"from over
study"

The first Casimir Périer, ministe
France, died of over-brain-work
at his post —

Southey — Scott — Romilly — Castlereagh — statesmen
Buckland Ecologist —
Swedes — Blanchard author & Almond Fitz-
Lamar — Haydon, artist —
-rm — Hugh Miller: (narrates
Chatterton: — (Coroner's dead
also Keats — (Kirke White — L. & M.
Davidson) — & D. Kane — (Moreton Stilled)
F.W. Robertson — Agassiz — at 65 — & many —
Dwell on a few of the above
— scientific & literary men by apoplexy
Death of most or paralysis. —

* Would we conclude, then, that mental activity is unfavorable to mental health? Not at all... Some degree of it is essential; and a considerable amount of it is beneficial to sanity and health in every way. It is true that there seem the more insane people in civilized than in savage countries; but it is not true that savage nations have more, they do have them — other cases are hopeless — which is not so with us. And it is our imperfect ~~of culture~~, — ~~or~~ over-artificialness & morbid intensity in civilized ~~weight of~~ ~~dead~~ physical culture — not Content ~~that~~ promote mental derangement.

We see then, that



while it is

very possible & easy for over-

action of the brain to produce

insanity, it does not follow that

the other the brain the safer.

Mental ~~Hurt~~ Stagnation, lassitude

& ~~Hurt~~ insanity or brain

disorder, & shortness of life.

not at all.

Dull people who live slow

lives in dull sleepy places

often become insane,

Rural populations in Massachusetts

show more insanity than in manufac-

turing towns & villages (Ray)

Insane, 1 in 258 against 1 in 704.

Dr Rays question —

Can the race be advanced, elevated, mentally, more and more?

As a totality, no, — not beyond its type; no species can (examples) ——— but — to, or toward its type, certainly; and the race is a great ways below that type now.

Back for all this.

moderate

A normal degree of

activity, & healthy balance

of mind are the objects aimed at — in education &

self-management

Great genius is ~~some~~

~~by nature at~~ necessarily rare; ~~utterly~~

but healthy, well-balanced

minds are attainable by

nearly all; and they are

the most wanted — for individ-

-ual happiness & national

prosperity. ~~Education~~

AGED AUTHORS.

1877?

THE life of William Cullen Bryant, prolonged until he was nearly eighty-four, has directed attention to the fact—for it seems to be a fact—that the pursuit of literature is favorable to longevity. A contrary opinion, however, has widely prevailed, owing, no doubt, to the early death of poets like Chatterton, Keats, Kirk, White, Byron, and Musset. Our most distinguished authors are well on in years. Lowell is almost sixty; Parke Godwin is sixty-two; Holmes is close to sixty-nine; Whittier is seventy; Longfellow, seventy-one; Calvery (George Henry), seventy-five; Emerson, seventy-five; George Ripley, seventy-six; Bancroft, seventy-eight; Hermon Melville, nearly sixty; Shelton Mackenzie, seventy; Higginson, fifty-five; Parton, fifty-six; Walt Whitman, fifty-nine; Lydia Maria Child, sixty-six; Julia Ward Howe, fifty-nine; Harriet Beecher Stowe, sixty-six, not to mention Gail Hamilton, who is popularly supposed to be 215. Among the literary Britains are John Ruskin, in his sixtieth year; Charles Reade, over sixty-four; Wilkie Collins, fifty-four; Robert Browning, sixty-six; Tennyson, sixty nine; Carlyle, eighty-three; George Eliot, fifty-eight; Coventry Patmore, sixty-five; James Martineaux, seventy-three; and George H. Lewes, sixty-one. While among the literary scientific men Darwin is sixty-nine; Huxley, sixty-three; Tyndall, fifty-eight; and Carpenter, sixty-six. At the head of French literary veterans is Victor Hugo, seventy-six. Jules Sandeau is sixty-seven; Arsene Houssaye, sixty-three; Emil Augier, fifty-eight; Cherbuliez, fifty-six; Feuillet, fifty-six; and most of the Frenchmen who have achieved a name are from fifty-five to sixty-three. Turgenieff, the Russian novelist, is sixty; Berthold Auerbach, the popular German author of "Village Tales of the Black Forest," is sixty-six. We might go on all over Europe, and show the preservative power of professional exercise in ink. Authors generally have lived far beyond the average in all countries, unless, as in the case of Byron and Musset, they have grossly abused themselves by excesses. As a rule, in consequence of sedentary habits and extraordinary use of the brain, they do not have robust health; but they take care of such health as they have—indeed, they are obliged to, in order to accomplish their tasks. Their longevity springs from temperance and sobriety. Nowadays men of great vanity and moderate talent are dissipated and profligate; but men of remarkable parts are likely to work hard and have good habits, without which, in truth, hard work is impossible.—*N. Y. Times.*

BY LILLIE E. BARR.

BETWEEN my body and my soul there came one night
A sudden flash and flow—a fiery sense
That in my vision lay a keener sight;
And in my heart the pulse of prescience.
And power was mine, I knew not how or whence,
To wander sleep-divided by the sea.
One likeness weary, mortal-bound, and dense;
The *other I*, all clear and strong and free.

In the dim light I seemed a wandering dream
Upon the white, washed sands of the sea-shore,
Watching the dusky waves, whereon was gleam
Of pale-sailed ships, that ever from me bore
Something that vexed my heart and left it sore.
I knew not what; so turned me to the form
So like my own, whose calm face stilly wore
The smile of one that has outlooked the storm.

"Dear Heart," said I, "whence come the ships, and where
Will they find rest?" The clear eyes clove the space,
And I, through them, could see a bark most fair,
With light of days that were about the place.
Sweet childish days, all flushed with floral grace,
Clear air, and songs that once were understood,
And everywhere a guileless, happy face,
At one with all things that were pure and good.

I knew my Childhood's bark, and smiled to see
How it was gently rocked on great sweet waves;
Yet turned to watch the golden argosy
That held the joy which most of all life craves—
The immeasurable Love that laps and laves
And mixes mortal with immortal breath;
Outlooks all earthly suns, and smiles o'er graves—
Immortal Love, that ne'er was thrall of

THE literary ladies of Great Britain appear to have been astonishingly long lived. Here is a list of them, with the ages at which they died: Miss Jane Austen, 42; Mrs. Radcliffe, 59; Miss Milford, 69; Mrs. Trimmer, 69; Miss Jane Porter, 74; Mrs. Elizabeth Montagu, 80; Mrs. Piozzi, 81; Mrs. Barbauld, 82; Miss Edgeworth, 82; Lady Morgan, 82; Madame d'Arblay, 88; Miss Hannah More, 88; Mrs. Marcet, 89; Mrs. Joanna Baillie, 89; Mrs. Berry, 90; Mrs. Somerville, 92; Miss Harriet Lee, 95; Miss Caroline Harschel, 98; Lady Smith, 103.—*New York Tribune.*

"	c m 6s r	91¾	92¼	Thirteenth St	37 39
Phil & Erie R		9⅝	10	Union Pass R	70 —
"	6s	101	—	West Phila R	60 —
"	7s	98	—	Market steady.	

SAN FRANCISCO MINING STOCKS.

SAN FRANCISCO, Oct. 11.

Closing official prices of Mining Stocks to-day:

Alpha	14¾	Kentuck	6½
Belcher	6	Leopard	1¼
Best & Belcher	22¼	Mexican	11¼
Bullion	12	Northern Belle	18¾
Consol. Virginia	34¼	Overman	25
California	33½	Ophir	17½
Chollar	35	Raymond & Ely	10½
Confidence	6¼	Silver Hill	2½
Caledonia	4¼	Savage	8
Crown Point	5¼	Segregated Belcher	44
Exchequer	11¼	Sierra Nevada	5½
Gould & Curry	10¾	Union Consol	6¾
& Norcross	7	Yellow Jacket	10
	1½	Eureka Consol	

LONGEVITY OF CHURCHMEN.

Some of the most remarkable cases of longevity have been met with in those who were engaged in the service of the Church. We speak now irrespective of sect. The Cardinal de Salis, Archbishop of Seville, died in 1785, at the advanced age of 110 years. He may be cited as an undoubted instance of the advantage to be derived from regular living. He used to tell his friends, when asked what system he observed, "By being old when I was young, I find myself young when I am old. I led a sober and studious, but not a lazy or sedentary life. My diet was sparing, though delicate; my liquors the best wines, Xeres and La Mancha, of which I never exceeded a pint at any meal, except in cold weather, when I allowed myself a third more; I rode or walked every day, except in rainy weather; I exercised within doors for a couple of hours. So far I took care of the body; and as to the mind, I endeavored to preserve it in due temper by a scrupulous obedience to the Divine commands. By these innocent means I have arrived at the age of a patriarch, with less injury to my health and constitution than many experience at forty." The wines drank by the Cardinal were of the pure juice of the grape, without the addition of brandy.

M. du Belloy, Archbishop of Paris, lived beyond a century. He had always a good appetite, and loved good cheer. His face is said to have brightened up at the sight of a dainty dish. Napoleon always evinced great deference and respect for the aged prelate, Flechier, the eminent French pulpit orator, lived until he was 78 years of age. His contemporaries, Bossuet, Bourdaloue and Massillon, reached respectively the age of 72, 77 and 79 years. Cardinal Fleury, the preceptor, and afterwards the prime minister of Louis XV., was 82 at the time of his death. Bishop Warburton, author of the "Divine Legation of Moses," reached 81 years.

John Wesley does not appear to have inherited a strong constitution, resembling in this respect Sir Isaac Newton and Voltaire. In his youthful days he was subject to many ailments, and even some serious diseases; but after the age of 40 he enjoyed for the most part excellent health till within a few days of his death. He was always exceedingly temperate, and abstained from the use of all intoxicating liquors, and rose uniformly at an early hour. He was of a very cheerful disposition and even temper, great prolongers of life. He took constantly exercise of the most active kind, regardless alike of heat and cold, wind and rain. He was a lover of order and regularity in everything. In his journal Wesley tells us, that from 10 to 13 or 14 years of age he had little but bread to eat, and no great plenty of that. This, he believes, was so far from hurting him, that it laid the foundation of lasting health. When he grew up he ate sparingly, and drank water, following the advice of Dr. Cheyne, whose work he read. At the age of 27 years he had spitting of blood, as hemorrhage from the lungs is generally called. A warm climate cured this. Eleven years from this time, he says that he was in the third stage of consumption. With the present better knowledge of the nature and diagnosis of this disease, we cannot well credit the accuracy of the eminent narrator. At one time he was brought to the brink of the grave by a fever, but this attack left him healthier than before. At a more advanced period of his life, he writes: "I am 73 years old, and far abler to preach than I was at three and twenty. What natural causes has God used to produce so wonderful an effect? 1. Continual exercise and change of air. 2. Constant rising at four. 3. The ability, if ever I want it, to sleep immediately. 4. The never having lost a night's sleep in my life." Implicit faith should be placed in the last means which he specifies, viz. "evenness of temper." At the opening of his 82d year he makes the following record: "To-day I entered on my 82d year, and found myself just as strong to labor and as fit for exercise of body or mind as I was forty years ago." "I am as strong at 81 as I was at 21, but abundantly more healthy, being a stranger to the headache, toothache, and other bodily disorders which attended me in my youth." Again, at the age of 83, he observes: "I am a wonder to myself. It is now twelve years since I have felt any such sensation as weariness."

e placed on your record. The committee
nted by you to investigate the alleged
ption in the passage of a bill having refer-
to the consolidation of railroads in this
, have in their report coupled me, with
s, as having attempted to extort money
him by false and mischievous repre-eni-
. They also accuse me of pretended offi-
sness around the Capitol in aid of the bill.
answer to these charges, I here state that
services were sought by my client after the
had been sent to Harrisburg and returned
im, with the assurance that it could not be
ed. There was no officiousness, nor pre-
ed officiousness. I was retained to act as
sel, and my conduct was strictly in ac-
ance with my professional duty. The
osed letter from Mr. Jackson defines my
ion as his counsel, and fully endorses my
faith and fidelity to him. I ask, as a mat-
f justice to me, that this communication
letter may appear among your proceed-

GEORGE NORTHROP.

LETTER FROM TATLOW JACKSON, ESQ.

HILADELPHIA, Jan. 24, 1866.—George North
Esq.—Dear Sir:—In looking over the
of the committees appointed by th re-
re of the State to investigate a e Leg-
on in the passage of a bill leged cof-
lementary to an act conso (last March)
is State, I was sonny t idating railroads
reports implicate note that the tenor
t money from you as endeavoring to
that, after p e by false representations,
Capitol in etended officiousness around
aded t aid of the bill, you, with others,
ad divide the money amongst you. I
dress you with the wish to relieve you
this charge. I fully acquit you and Mr.
m. H. Witte of this design, and am confident
at in no case would either of you have re-
ined any part of the $25,000.
The high appreciation I entertain of your
ility caused me to retain you, and I believe
u acted in good faith for the interests of me,
ur client.
As to the $5000, I have already approved of
disposition you made of it, as proven by
additional payment I made to you.
With sincere regret that you have been sub-
ted to annoyance on this subject, I am
Yours, truly, TATLOW JACKSON.

Mr. Shoemaker read a bill incorporating the
ymouth Branch Railroad Company, to build
road in Plymouth and Kingston townships,
uzerne county.
Also, one permitting seated lands to be sold
e same as unseated lands for non-payment of
xes.
Also, one allowing the Wyoming Coal and
ansportation Company to increase their
pital and Directors.
Also, one allowing Railroad Companies to
ocure laws for right of way when they desire
straighten their lines.
Mr. Wallace. one allowing persons to take
logs floating in the Susquehanna, below
orthumberland, without a person in charge,
d if not redeemed within thirty days, to sell.
Mr. Lowry, one allowing the Erie and Alle-
eny Railroad to extend their road to the
legheny river.
Mr. Hall, one to punish frauds on National
anks.
The following bills were called up and
ssed:
Incorporating the Downingtown Manufac-
ring Company.
Extending the supplement to the act authori-
g Courts of Common Pleas to incorporate
entific and other associations in the county of
ester.
Extending to Lancaster the act for the relief
wives deserted by their husbands in Berks.
Increasing the stock of the Wyoming Insu-
ce Co.
Extending the time for paying the enrolment
of the Harrisburg and Jonestown Turnpike
mpany.
Mr. Donovan called up and had passed the
l allowing the Kensington and New Jersey
rry Company to increase their capital.
Mr. Connell called up and had passed the
rnucopia Silver Mining Co.
HOUSE.—Messrs. Kerns, Sterner, Quigley,
vis, Donnelly, De Haven, Wallace, Josephs,
negan, Watt, Thomas, Subers, Adair, Hood,
e and Marks, presented petitions favorable
Sunday car travel.
Mr. De Haven, one of same import, signed by
hty-three employes of the Philadelphia
wspapers.
Thirty-three others were presented of same
port, and two against.
Mr. Adair presented a petition in favor of
ning Vienna and Montgomery streets.
Mr. Thomas presented a communication from
n W. Thomas, for the removal of the curb-
ne market from Second street.
Mr. Wallace presented a petition for exemp-
n from taxation of the hall of the Sons of
nperance, in the Twenty-first Ward.
lso, one from the Orphans' Home of Ger-
ntown, for relief.
resolution was adopted requiring the Ju-
lary Committee to report a bill suspending
rk on election days at 4 P. M.
The bill proposed by City Councils provid-
that road jurors shall be selected in Phila-
phia by the Judges of the Court of Quarter
sions, was reported favorably by Mr. Kerns,
considered and passed finally.
Mr. DeHaven called up an act authorizing
North Pennsylvania Railroad Company to

MORTALITY OF LITERARY MEN.

Interesting Statistics.

Galignani's Messenger says:

Among the prizes lately awarded by the Academy of Sciences, there is one of the Montyon foundation, for statistics, which has been won by M. Potiquet. This gentleman has formed a complete catalogue of the ages of the academicians since the foundation of the Institute in 1795, the periods at which they were named, and their mortality. A similar work of much greater extent had been compiled some thirty years ago by the late M. B. de Chateauneuf, who had taken into account all the learned academies of Europe; but this immense task, which he did not live to finish, was necessarily incomplete, from the difficulty of finding many dates upwards of 200 years old and other elements of importance. This work, nevertheless, such as it is, furnishes us with an interesting table of mortality of men of letters and science, which compared with M. Potiquet's of the same nature, and that of the great French statistician De Parcieux, who only considers the duration of life in regard to tontines, yields results very favorable to the studious class. We give the following figures showing the probabilities of life of such persons at different ages:

At Age	*Probability of Life Chateauneuf.* Years.	*Potiquet.* Years.	*De Parcieux* Years.
35	32¼	33½	31
40	29	30	27½
45	25½	26	24
50	21½	21¼	20½
55	18½	18½	17
60	15	15	14
65	12	12	11
70	9½	9½	8½
75	7	7	6½
80	6	5	5
85	4½	4	3½
90	3½	2½	2

From this table we may gather a confirmation of a remark already made—viz., that literary and scientific pursuits are rather favorable to longevity than otherwise. According to it, M. Thiers, now 76, would still have seven years to live.

Peremptory Sale by Order [illegible]—Estate Robert Patterson, dec'd

FORTIETH ST. AND BALTIMORE AV., S. W. corner—Handsome Modern Three-story Brick Residence. Has all the modern conveniences.

FIFTH ST. (North), Nos. 1221 and 1223, above Girard avenue, extending through to Canal street—2 fronts—To Manufacturers and Others—Well-established Business Stand—5 Five-story Brick Factory Buildings. Executors' Sale—Estate of Joseph J. Canavan, dec'd.

FIFTH ST. (North), No. 1225—Modern Three-story Brick Residence, with side yard. Has all the modern conveniences. Same Estate.

FIFTH ST. (North), No. 1219—Three-story Brick Dwelling. Same Estate.

ELEVENTH ST. AND MONTGOMERY AV., S. W. corner—Business Stand—Three-story Brick Tavern and Dwelling, with a Three-story Brick Store and Dwelling adjoining on Eleventh st.

TOBY CREEK AND PHILADELPHIA COAL AND OIL CO.—Tracts of Land in Fox Township, Elk county, Pa., and Town Lots at EARLY, on the Milesburg and Smithport Turnpike.

CALLOWHILL ST., No. 1119—Modern Three-story Brick Dwelling. Sale by Order of Heirs—Estate of Mary J. Runyan, dec'd.

WELL-SECURED IRREDEEMABLE GROUND RENT, $36 a year.

STOCKS.

For account of whom it may concern.

$9,500 the Kent County Railroad Company 1st mortgage, coupons, 6 per cent., January and July, due January, 1889, redeemable after January 1, 1880.

Executor's Sale.

10 shares Pennsylvanin Canal Co., par $50.

Administrators' Sale

30 shares San Francisco Land Association (new,)
3 shares Teutonia Fire Insurance Co.

For other accounts.

50 shares Chestnut and Walnut streets Pass. Railway.
19 shares Camden and Atlantic RR Co., preferred.
20 shares Camden and Atlantic RR. Co., common.
11 shares Frankford and Bristol Turnpike Co.
10 shares Kensington National Bank.
$3190 Delaware Mutual Insurance Co. scrip, 1872,
10 shares Northern Bank of Kentucky.
50 shares American Paper Box Co.
$8000 Susquehanna Canal Co. 6 per cent.
10 shares Fire Association.
406 shares Allentown Rolling Mill Co., par $50.
5 shares Academy of Music, with ticket.
500 shares Alleghany and Pittsburgh Oil Co.
5 shares Spring Garden Fire Insurance Co.
1 share Pennsylvania Co. for Ins. on Lives, &c.
$2000 Camden and Amboy RR. Co., coupons, 6 per cent., 1889.
$2000 Pennsylvania Canal Co. coupons, 6 per cent.
25 shares Fidelity Ins., Trust and Safe Deposit Co.
1 share Franklin Fire Insurance Co.
4 shares Philadelphia and Southern Mail Steamship Co.
50 shares Green and Coates Pass. Railway Co.
150 shares Hestonville Pass. Railway Co.

DAVIS & HARVEY, AUCTIONEERS,
Store, 48 and 50 North Sixth street.
☞ Sales at residences receive particular attention.
☞ Sales at the Store every TUESDAY.

Attractive Sale at the Auction Rooms.
SUPERIOR FURNITURE, HANDSOME BOOK-CASES, PIANO, PARLOR, CHAMBER AND LI-

Academicians

*Hippocrates lived to be 99 years old. Solon (1)

~~Euripides~~ Plato 80, Isocrates 98, Democritus 90, ~~Pindar 76~~ Sophocles 90 ~~Herodotus~~ ~~Thucydides 63~~ ~~Aeschylus~~ ~~Simonides~~ ~~Lucian 76~~ Diogenes 90 Zeno 98 Xenophon 90. Swedenborg

1 of 100 "greatest men of history" — e.g. Goethe, Raphael, Socrates, Locke, Harvey, Newton, Napoleon, Calhoun, Calvin, Edwards, &c — average age 75 years over

Henry Hartshorne,

2 Arch St. below 10th,

Dollars

Henry Hartshorne,

Rousseau (Civilized most of nature per / Compare Savage with Civilized.)

of 152 Savages

acads of Belles Lettres &

acads of Sciences / Poets

average age ove 69 —

of Harvard Univ Graduates — average age at death 58

of all other men over 20, average 50.

Poets Johnson notable exc.

1 — (50 or 60 yrs) average

age 56 — .

Greatest English Poets

Chaucer, Shakespeare, Milton, Dryden

Pope, full age at death —

Bryant — Whittier — Longfellow (Holmes) now old

other literary men — but few.

Macaulay — De Quincey —

Wordsworth (80) Coleridge (62)

Southey (66) Landor — Scott

non are growing at over 60

Of the 30 most remarkable Readers of various denominations

Last Century

Atlantic Monthly —

average age 69 —

Of great Statesmen — as

Hampden — (Vane) — Cromwell,

(Sully) (Richelieu) (Mazarin)

(Colbert) — (Talleyrand) & Thiers,

Ernest II — & Metternich — D. Hewes

about 70 — Franklin — Jefferson — Adams — Everett

— Clay — Webster — Sir J. Brookes

75 — 77 —

Jr Series — Curve

Buffon 81 — Blumenbach 88 — Humboldt 90

How to Study Safely — Butler's Scotts Rouse, &c — (over)

Does the advance in civilization promote luxury? — 1st a-priori —

2nd Statistics —

The Prof. seems to have

Prof. Fisher — from,

in Switzerland 1 in 17006

1

in 300

France 1 in 1750 &

1 in 1000

U.S. — 1 in 978 &

1 in 738 —

Massachusetts — more in U.S. under 20 yrs

in 1847 — 1 in 606 —

1854 — 1 in 300 —

~~Rhode Island~~ But — a true &

~~1858 — 1 in~~ perfect civilization will not promote insanity.

Dist. eates in Borneo

(1

Of 417 Clergymen in Allen's Biograph. Dictionary av. age 65.7; of them 13 over 90, 23 over 70 & 84 over 60. In Massachus. Registration Report, av. 56.75; Rhode Island, 59.25. Of 840 clerical graduates of Harvard, 63.62 av. Of merchants Statutes, under 50 by same statistics — Lawyers, also Mass. 56.11, Rhode Isl. 43.75. Of 490 phys. in Mass. before 1840, av. 57. Of 145 phys. in

Thatcher Mid. Boys. (2
av. 62; 25 of them
over 90. Of 32 phys.
in Sroas Mid. Boys
av. 59.
So, Clerg. 60, lawyers
54, phys. 52.

Mental influence of Education.

What is called education may do the mind either good or harm — according to its nature and adaptation. It should include Intellectual — Moral & Physical culture.

The fact that the brain is a material organ is still, here, fundamental. It is to develope this organ most perfectly — & to give the will the fullest use & command of its varied Powers, — that education should be adapted.

It is not to pack in so much particular Knowledge — as many facts, & names, — as the main object. One may be stuffed

× Kindergartens –

full of names, facts, figures,
the raw material of books, —
without having a truly trained
mind, — a healthily working
or available knowledge
brain.

1. Remember that the young brain
is relatively feeble & tender.
Don't let it be forced.
A child's 1st lessons should be short
children should learn by use of their
senses & spontaneous thinking
questions: growing about & gathering knowledge for
themselves. This is the most practicable in the country.
school not before 7 or 8
as most schools are; as schools may be, some time,
may do at 5 or 6.

Physicians often have to advise in
matters of such subjects. It is well to have clear
views about them.

opposite

There are two ideas upon education; as there are two gymnastics: the heavy & the light systems,

constant

the one urges systematic task-work & discipline of the mind, the other genial interest, always, for progress & acquirement; spontaneous for natural health & vigor.

As a gymnastics — both may be well; but the light must always come first — & with the most & the most people.

Just sheets out—

"Kindergartens"—

Vc

Friedlander's Table -

Age	Hrs/Sleep	Exercise	Occup.	Repose
7	9½ 10	10	1	4
8	9	9	2	4
9	9	8	3	4
10	8½ 9	8	4	4
11	8	7	5	4
12	8	6	6	4
13	8	5	7	4
14	9	5	8	2
15	9	4	9	2

Herbert Spencer's Principles of Education.

1st. That the natural order of mental development & ~~evolution~~ organization of knowledge be followed.

2d That this order is, — the particular always comes before the general, — the simple before the complex, — the concrete before the abstract.

3d That self-instruction is always best as well as results in ~~the~~ true teaching should aim to bring out the

4th — That the test of healthful intellectual activity is

~~notes out here~~

Restaurants
7. Trade journals
Mrs. Elb. Pedro
Germany's
this country
out here —

But we must not throw away
books — which are the tools of the learner.

in Heaven who put it into our hearts to do it. He is a 'Friend that sticketh closer than a brother,' and He pitied you when you thought no one cared for you; and if you will come to Him, and mind His voice in your heart, He will never leave you nor forsake you, but will do for you as He has done for me, who was, till lately, a blasphemer like yourself.' The poor fellow's heart was broken—he cried like a child; and I asked him where he was going to in London; he said he had no where to go, so I took him home with me, and got a few more shillings for him, and sent him home to Scotland, and I have not heard of him since."

I thought this a beautiful story, and told my fellow-traveller that he had acted the part of a true preacher of the gospel to this poor fellow, and that to him it was doubtless the loudest of all preaching—that it was the calling of us all in some way to preach the gospel, and that in simple obedience to that which is made manifest "by the Spirit of God," we should be enabled to do it; for the ability comes from Him, and He gives it to those who ask in simple faith, depending upon Him alone. He took my hand again and again at parting, and really both our hearts were full—for we felt a sweet assurance that it was "by the Spirit of God," we had been brought together—and all my questioning as to why I missed the train, and was obliged to travel on the Sabbath, seemed lost in thankfulness for this blessed evidence, added to a cloud of other witnesses, of the glorious work upon the wheel in the hearts of the children of men, "not by might nor by power," but "by the Spirit of our God." J. G.

From the N. Y. Evening Post.

A DAY IN A KINDERGARTEN.

Boston, October 26, 1863.

In a retired and exceedingly unpretentious street in Boston stands an old-fashioned double yellow brick house, with a side-entrance looking upon a little spot of garden—neither the grounds nor the mansion exhibiting any vain desire of the proprietor or occupant to shine in outward adornment. This quaint old place, devoid of all ornament and unattractive to the eye of the passing observer, is designated on a narrow strip of painted tin nailed diagonally to the wooden gatepost, by the single word "KINDERGARTEN." It is the "Child's Garden" established in Winter street over two years ago by Elizabeth P. Peabody, but removed to its present ampler quarters at a time when the children came in numbers too great to be comfortably accommodated. I have just passed a pleasant day among Miss Peabody's little pupils, who are so very jolly and so well cared for that it is a work of conscience for me to describe briefly how this Kindergarten is conducted, what it is and means to be, and how it helps the child to the first crumbs of wisdom from the great table of Nature.

The principles of a Kindergarten, as defined by Miss Peabody, who is an enthusiast in this direction, as in every other subject upon which she bestows attention, is the training of the infant mind as the gardener trains his plants or cultivates his flowers; it is the organization of what is prettily called a commonwealth of children, where the imagination and the moral and physical nature of the young are equally subjeeted to careful culture, gradually developing under the warmth and sunlight of a watchful sympathy until the grosser qualities become refined into the essence of beauty. The secret of this training, in Miss Peabody's own words, lies in the faculty of "developing a child from within outwards, by plunging into its peculiarity of imagination and feeling;" realizing the child's idea until it seems to become a fact tangible and present. If the little one conceives an imaginary railroad, the Kindergarten teacher accepts its rude blocks as veritable cars and engines, and the child gets a practical lesson. If it learns the gamut, there is an illustration which teaches the theory of music; and all through the system of instruction there is not only this sympathy between teacher and pupil, but also a similar sympathy among the pupils themselves. "Children," observes Miss Peabody, "begin with loving others;" and she has added from the stores of her own experience among the young this aphorism of a wise philosophy: "Children begin with loving others quite as intensely as they love themselves—forgetting themselves in their love of others—if they only have as fair a chance of being benevolent and self-sacrificing as of being selfish. Sympathy is as much a natural instinct as self-love, and no more or less innocent in a moral point of view. Either principle alone makes an ugly and depraved form of natural character—balanced, they give the element of happiness, and the conditions of spiritual goodness and truth, making children fit temples for the Holy Ghost to dwell in."

The life of a child in a Kindergarten is certainly very pleasant. Of thirty-six little pupils now belonging to Miss Peabody's school, thirty were present on the day of my visit. The youngest was three and a half years old, and the oldest seven. The average age was probably five years. They were evidently the children of cultivated parents. Large-brained, quick-eyed, and intelligent, their manner was full of animation, and their interest in the things taught them never flagged for an instant. Unlike children in the old "infant schools," these little creatures had comfortable arm-chairs to sit in, and were not wearied by constrained postures or by long continuance npon one subject; for no lesson is permitted to

der sympathy, counsel and religious care, and to render them every assistance and encouragement in the maintenance of our religious views which they may be able to do. Our young Friends are affectionately advised to examine well the foundation of our religious views and testimonies in respect to war, and see whether they can fully subscribe to and adopt them; and if called upon for such service that their declension may not be simply on account of their membership with us, but on the broad Christian ground of the incompatibility of war with Christianity, and that they may be able, if called upon, to give sound Scriptural reasons for entertaining such views.

From the London Friend.

"BY THE SPIRIT OF GOD."

"The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, or whither it goeth; so is every one that is born of the Spirit."—John iii. 8.

One wet stormy night in the summer of 1863, I left Belfast by the *Royal Consort* steamer for Fleetwood, hoping to reach my home and my family, on the eastern side of England, to tea the following evening, the last of the week, and to share with my beloved friends a quiet Sabbath, after more than nine weeks of absence, and of close engagement of a religious kind in the North of Ireland; where (I may observe by the way) I was permitted to witness much blessed evidence of the Lord's own work in the hearts of the people, especially of the poor of this world, with whom it was my privilege to mingle, and to partake, both in their humble dwellings and in their gathered assemblies, of much sweet instruction and gospel fellowship.

The wind was high and the billows too, and the progress of the vessel was much impeded; so that towards morning it became evident my object of reaching home that night was not to be accomplished, and that I must lodge in London, and take the earliest train on the Sabbath morning, if I met my friends at all on that day.

This was a great disappointment on many accounts; but I could believe, from former experience of the Lord's dealings, that there was a purpose in it, and that, strongly as I objected to travelling on that day especially set apart for worship and for rest, something might occur to satisfy me that it was so.

After a peaceful night, the early summer morning (which rose in such brightness that even London seemed to rejoice in its freshness) found me at the train with my luggage, approaching a carriage partially vacant. A kind voice bade me welcome, and a kind hand was stretched out to receive my parcels, and place them for me under the seat—and yet it was a strange voice, and he who spoke was a stranger too; but being one who had recently come under the hallowing and refining influence of the gospel, under that influence, though one of the sons of hardship and of toil, he could show in his conduct the simple yet dignified manners of a Christian; treating all around him with consideration and respect, yet combined with a something of independence, which seemed to tell of heavenly treasure as his possession.

A boy travelling alone, and a young woman with a baby, attracted my attention; and, on my presenting each with a little book, the good man who had so courteously greeted me said, "I see you and I are of one mind; can you spare me some?" His request was promptly granted, and he soon remarked, "How pleasant to meet with fellow travellers [spiritually] in the same road. I am going to B—— to bury my father, who is just called home, after a long pilgrimage of eighty-three years. He died trusting and rejoicing in Jesus. He was a gardener; and, after working last Saturday week in the heat, lay down to rest on the damp ground, was soon struck with death, and died the next day. Two years ago," he continued, "I was as great a reprobate as ever lived. Every trifling vexation exasperated me. I cursed my wife, I cursed my children, and, worse than all, I cursed my God; but he brought me to see my awful condition—He brought me to Christ, and I am a changed man. When people ask me, and when the church of which I am a member asks me, 'how I was converted,' I tell them 'by the Spirit of God.' I never went inside a place of worship—I never read what was good—no one spoke to me of my soul; but the Lord made me look upon my poor children, and gave me to feel what an awful example I was setting them, and what a responsibility was placed upon me as regarded them. I was in great distress, but I cried for mercy, and I found it through Christ my Saviour; and now I know what happiness is, which I never did before. Great troubles have come upon me—one little boy is all but dying, my wife and other children have all been ill together; but the Lord has carried me through all, and gives me strength for all the trials of the day. I work very hard for a living, seldom getting more than five hours' sleep; but all is sunshine now that I have come to Christ.

"A poor dissipated young man in a train, not long ago, was cursing and swearing as I used to do, charging the Almighty with unkindness, and saying he had not a friend in the world, nor a halfpenny to bless himself with. I pitied him from my heart, and I knew right well that kindness was the only thing to reach him; and, indeed, there are few, if any, hearts that it will not reach; so I just gave him a shilling, and I told him, 'There—you shan't say you are without a friend in the world.' Another passenger, moved with pity, gave him a shilling also—and then I said to him, "Do you know what friend it is that has given you those shillings?—not me, nor the other man, but a Friend

exceed fifteen minutes, except one, to be hereafter mentioned, where work and play together occupy half an hour.

One of the ingenious devices introduced by Miss Peabody is the "pricking" of forms of birds and animals. Half-sheets of tinted paper, with embossed borders, bearing a colored pattern, are given to the children with a needle attached, and the little one is very proud when it is permitted to take home the punctured copy which it has made by carefully following the outlines of the object represented.

Another amusement, which cultivates the sense of harmony in colors, while it teaches precision of touch, is "weaving." Narrow strips of card-board of different colors, are handed to the children to be woven into patterns according to their own fancy; and sometimes very pretty little devices are the result of their play-work.

Still another pastime is "moulding." This is a funny scene, which occurs only once a week, and is greatly enjoyed by the children. Each pupil is provided with a lump of soft blue clay, out of which it is privileged to "make anything." Little models of different objects lie scattered over the table while the process is going on, but no child is under the slightest obligation to follow a pattern. So long as this lesson lasts, the largest liberty is enjoyed.

These are some of the rudimentary lessons taught to children in a Kindergarten. Miss Peabody, however, enlarges the sphere of her operations as the capacity of her pupils grows. Assisted by an excellent teacher, Miss Corlies, who possesses a marvellous faculty of amusing the children with stories, which are extemporaneously dramatized for the occasion, she has introduced a series of lessons in reading, writing, drawing, geography, natural history, &c., which are undertaken by children apparently too young to know the difference between a straight line and a sum in addition. But it is to be remembered that a Kindergarten is a kind of human conservatory, where tender plants are strengthened and hardy ones pruned and clipped till they get to be seemly and grow tall and firm. No lesson in reading is given without an illustration of the subject; no lesson in drawing without an explanation of principles and rules; no instruction in geography without a globe or a series of practical exemplifications. Learning by rote out of a book is never dreamed of in this place; the only book used is that of Nature, which is rich in wisdom and overflowing with beauty—if one only knows where to look.

Work—if such pleasant things as these may be called work—alternates with play. At frequent intervals there is a romp in the grounds, where the children are always attended by a teacher, or a game with the blocks—the last-named being an unfailing source of amusement. Miss Corlies usually presides at this entertainment, describing to the children the history of some wonderful place, or the extraordinary adventures of some remarkable person, and so getting clustered about her an interested group of little people with wide-open eyes and eager faces.

The hours of a Kindergarten are graduated to suit the capacity of the small children who attend, never exceeding three and a half hours. In Miss Peabody's school the time is nominally from ten in the morning to half-past one in the afternoon, but in reality the period devoted to teaching and learning is much less, for the playtime is to be deducted, and much of the work is really play. It is a good indication that the life of a Kindergarten is not wearing to a child, when he is found as rosy at the end of the day as at the beginning. The interest is so well sustained, that the spirits of the pupil never flag.

The establishment of this Kindergarten in Boston is due solely to the exertions of Miss Peabody, whose experience as a teacher convinced her of the necessity of introducing an improved system of instruction for very young children. Adapting the German plan of a Kindergarten as exemplified in Frœbel's institution in Hamburg, to the wants of an American community, she issued a prospectus pledging herself to undertake the task in Boston if she received sufficient encouragement. The offer was at once gladly accepted by many of the best families of the city, who did not hesitate to place their children under her charge, so that from the start her enterprise has had to labor under no other difficulties than that of finding a private house large enough to accommodate the pupils. From Boston the idea has spread as far as New York, where two good Kindergartens have recently been established, and both, I hear, are doing well.

Miss Peabody (sister of Mrs. Horace Mann) is no ordinary teacher. Bringing to the task she has undertaken the stores of learning won by a lifetime of severe study, she applies scientific principles to the commonest matters of routine in her school, cultivating the finer instincts of her pupils as much by the magnetic influence of her presence as by the easy methods which she has skilfully adapted from the German founders of this system. A forcible writer; a celebrated connoisseur in art and an accomplished linguist, this lady now adds to her reputation that of a philanthropist who loves the young. Her personal appearance is striking. Somewhat below the medium size, she is stout in person and deliberate in movement. A large and finely balanced head, with long and curling gray hair floating loosely about the temples, gives an impression of power and untiring energy—an impression which is strengthened by conversation with her. She

is a woman of probably fifty years of age, but among her pupils she is young as the youngest, and jovial as the jolliest, and it is plainly visible that the little ones all love her.

Mr. Longfellow's little poem entitled "Weariness," in the November *Atlantic*, has a lament for the children, one verse of which reads thus:

"O little feet, that such long years
Must wander on through doubts and fears,
Must ache and bleed beneath your load!
I, nearer to the wayside inn,
Where toil shall cease and rest begin,
Am weary, thinking of your road."

But if the poet had passed a day at the Kindergarten, at No. 15 Pinckney street, the strain would not have been so dolefully sung.

A. M.

IMMANUEL'S LAND.

Samuel Rutherford was a Scotch minister, who suffered much during the religious persecution in Scotland, but maintained his strong integrity of character and deep-toned piety to the last. At death, his last words were, "Glory, glory dwelleth in Immanuel's land." The lines following are made up mostly of expressions of his own.

The sands of time are sinking,
The dawn of heaven breaks,
The summer morn I've sighed for—
The fair, sweet morn—awakes.
Dark, dark hath been the midnight,
But dayspring is at hand;
And glory, glory dwelleth
In Immanuel's land.

Oh! well it is for ever—
Oh! well for evermore!
My nest hung in no forest
Of all this death-doomed shore;
Yea, let this vain world vanish,
As from the ship the strand,
While glory, glory dwelleth
In Immanuel's land.

There the red Rose of Sharon
Unfolds its heartmost bloom,
And fills the air of heaven
With ravishing perfume:
Oh! to behold it blossom,
While by its fragrance fann'd,
Where glory, glory dwelleth,
In Immanuel's land!

The King there, in his beauty,
Without a vail is seen;
"It were a well-spent journey,
Though seven deaths lay between."
The Lamb with his fair army
Doth on Mount Zion stand,
And glory, glory dwelleth
In Immanuel's land.

Oh, Christ—he is the fountain,
The deep, sweet well of love!
The streams on earth I've tasted,
More deep I'll drink above:
There to an ocean fulness
His mercy doth expand,
And glory, glory dwelleth
In Immanuel's land.

Oft in yon sea-beat prison,*
My Lord and I held tryst;
For Anworth† was not heaven,
And preaching was not Christ.

And *aye my murkiest storm-cloud*
Was by a rainbow spann'd,
Caught from the glory dwelling
In Immanuel's land.

But that he built a heaven
Of his surpassing love—
A little new Jerusalem
Like to the one above—
"Lord, take me o'er the water,"
Had been my loud demand;
"Take me to love's own country,
Unto Immanuel's land!"

But flowers need night's cool darkness,
The moonlight and the dew;
So Christ, from one who loved it,
His shining oft withdrew.
And then for cause of absence
My troubled soul I scanned;
But glory *shadeless* shineth
In Immanuel's land.

The little birds of Anworth—
I used to count them blest;
Now beside happier altars
I go to build my nest:
O'er these there broods no silence;
No graves around them stand;
For glory deathless dwelleth
In Immanuel's land.

Fair Anworth by the Solway,
To me thou still art dear;
E'en from the verge of heaven
I drop for thee a tear.
Oh! if one soul from Anworth
Meet me at God's right hand,
My heaven will be *two* heavens
In Immanuel's land.

I've wrestled on toward heaven,
'Gainst storm, and wind, and tide;
Now, like a weary traveller
That leaneth on his guide,
Amid the shades of evening,
While sinks life's lingering sand,
I hail the glory dawning
From Immanuel's land.

Deep waters crossed life's pathway,
The hedge of thorns was sharp;
Now these lie all behind me:
Oh! for a well-tuned harp!
Oh! to join Hallelujah
With yon triumphant band,
Who sing where glory dwelleth,
In Immanuel's land!

With mercy and with judgment
My web of time he wove,
And aye the dews of sorrow
Were lustered with his love.
I'll bless the hand that guided,
I'll bless the heart that plann'd,
When throned where glory dwelleth,
In Immanuel's land.

Soon shall the cup of glory
Wash down earth's bitterest woes;
Soon shall the desert brier
Break into Eden's rose;
The curse shall change to blessing,
The name on earth that's banned
Be graven on the White Stone,
In Immanuel's land.

* At St. Andrew's. † His parish.

— 1891 —

Kintergartens, — and the

There is the ideal

of the Old-Class system

of all demonstrative

teaching, in branches that

admit of it. Here, for example,

from the dissecting room, ^ to

the clinical ward or

amphitheatre, ^ the botanical or geological

~~of Hopkins~~ excursions

~~My first experience as a student~~

~~of anatomy~~ ~~of practice~~

Nil nisi Minervâ

There is a great deal of automatism

in mental action, which has to be managed

rather than compelled.

It is a truth on which we have not
time at present to dwell, that →

(There is a great deal of automatism in intellectual activity; — which has to be ~~rather~~ ~~repressed than~~ cultivated.)

And it is a truth seemingly very simple — & yet generally not well understood, — that education should include the training of the emotional nature as well as the ~~intellectual~~ — & should not neglect the physical; as, if it does — the mind will & the end be the body as well as the health of the individual.

The fact that there is a moral insanity — has been pointed out. already

But there is also a moral insanity which is important to emotional training.

[Omit this at Harvard] ←

As to that, — it is wise
especially
to remember the immaturity &
^
penitence of the child
organization.

a child's nervous system
is more automatic than an
adults. It can't be fully
or so easily control itself. Its
all
instincts, & affections & emotional
influences are predominant over its
reasoning powers & will.
Parents & nurses then
should not be allowed to expect
of a child the self-repression possible
& not always easy to thermalus.

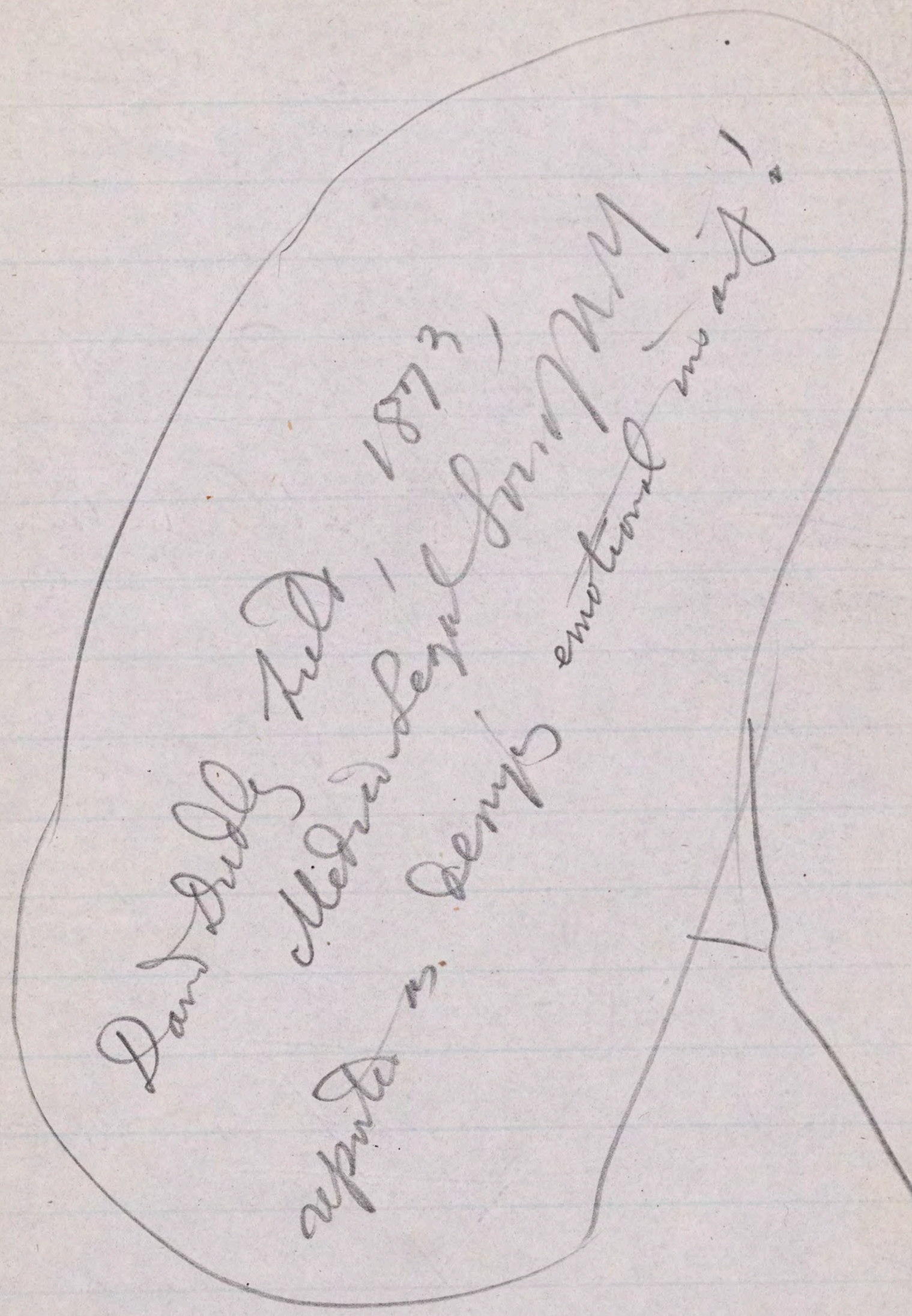
When a child cries be-
cause a painful impression
has been made upon its mind, — the
spontaneous, involuntary
~~Instinctive~~ impulse is
to cease crying — but by
diverting its attention to
some object which will na-
turally excite a different
emotion.

* And this principle is
available, to a most important
extent, — in every one's emotional
history, throughout life.

The principle I mean is regulating emotion through spontaneous suggestion — by directing the attention towards objects able to arouse & sustain desirable emotions, & away from those which produce undesirable feelings & impulses. In this mode, involuntary; as also that expression is obviously so.

This applies to individual instances, — & also to training.

If, for example, — one affronts you, but you think it more magnanimous


1873,
Dear Dudley Field
Merrick Legare
Sherman
Ewarts
Depew
Choate
Evarts
Geo. Francis Train

~~In all this, I suppose~~

~~I should be understood~~

~~subject, I~~

~~exception. It is not to~~

~~this effect wide of our subject,~~

~~I mean~~ Mental health &

in such modes

much dependent on

wise self management;

Mental health involves

the emotional or

guarantees as well always

as the intellectual, ~~is~~ is

~~as~~ Moral or emotional sanity even

more common than that which is intellectual only:

although the term is at times much abused, even by Courts of law.

I have said that
processes
educational may, instead
good do harm —

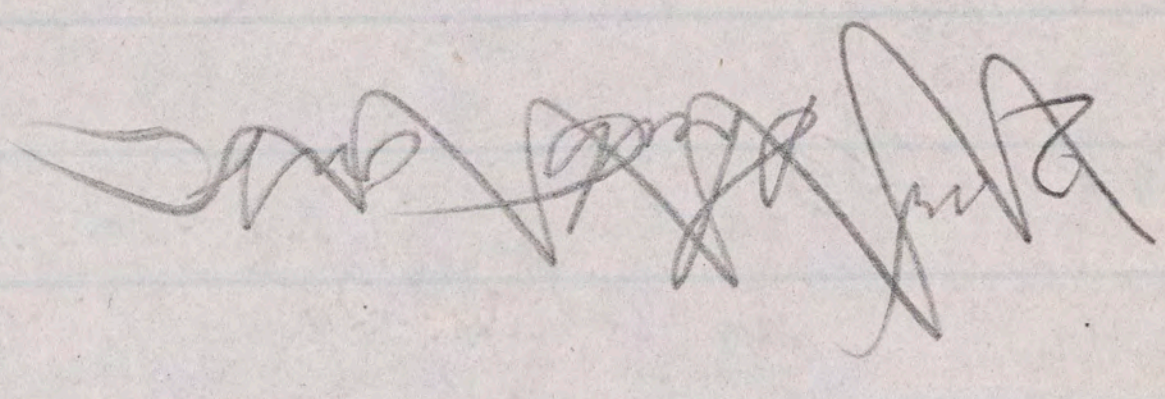
This is very often the case;
physicians & parents do well
to prevent it.

Many a time healthy chil-
dren, especially girls, lose their
health, — sometimes for the rest of
their lives — at school,
the physical circumstances are
often unfavorable: close air, & either
too hot or too cold, or varying between
extremes. But that is not to be laid

the frequent forcing of
children's brains — over
stimulating some — & exhausting
others; especially girls.'
The most common result
of this is general nervous
debility & poor health,
Sometimes chorea
Sometimes inflammation of
brain —
but no doubt in some weakens the
foundation for future insanity,
or imbecility —

because children seldom become insane,

How much, then — how long, — ought children to study daily? No rule can be made exact for all — the test is in the effect. If a child's brain becomes jaded — or its nerves irritable — head aches & hot — appetite & digestion & strength weaken — take it from school, — or shorten its hours at least. Health first, — in youth, especially — day — education second: — for As Cattle &c must [illegible] or nothing without it [illegible]



In English public schools
the pupils learn but Latin
& some & school Greek. Both
these are not Models —
Here, (in Mr Mann's Boston,) 5 or
6 hours are common — and
lessons often 4 hours & learn at
home besides. —
Healthy boys are seldom
hurt by this — but * Abelian
they would often learn more
with less confinement & less
task-work. I feel sure of this.
And at many private schools, especially
young Ladies, there is a most excessive & unwholesome amount of exam

+ 2 sessions daily best for

health — though not for convenience,

if one, of 5 hours, then at least

½ hour recess, — & change rooms

or positions every hour.

Amount of compulsory prolonged attention

to lectures in medical lectures in the Winter term

at the University, & all the medical colleges, so far

as I know, in this country, is excessive. It does

not, as things are, as yet seem possible to help it. But

I hope the progressive system, some time, may do it.

I have known a number
of instances of disastrous results
from this — & have been
told of the same by physicians
of large opportunities of observation.
Girls ought to be taught
& doing practical exercise
more — & then years
of schools should be extended.
Large — so that the months
weeks & days could not have
occasion or excuse for being so crowded
with tasks as they are now. Dr. S. Weir Mitchell,
among others,
has aroused a most unfavorable opinion of
the influence of schools as they are, now here
upon the health of growing girls. Too many facts
sustain such a judgment.

The "Kindergartens" of the
German, introduced to some limited
extent into this country, are
undoubtedly an improvement upon the
old fashioned school for young children.

2 Sheets out

"Hygiene of the Study"

Average Age at Death.

152 French Savants — 69 years

Harvard University Graduates — 58 "

British Poets ——— 56 "

Celebrated Preachers —— 69 "

Statesmen ——————— 70 "

Victims of Over Brain-work.

Béclard ——————— Anatomist

Périer ——————— Minister of State

Romilly ——————— " "

Castlereagh ——————— " "

Laman Blanchard —— Author

Haydon ——————— Artist

Robertson ——————— Preacher

Buckland ——————— Geologist

Hugh Miller ——————— " "

Admiral Fitzroy —— Sanitarian.

[illegible] what he reads with an epicurean zest, although sometimes too rapidly for wholesome digestion.

The fascination of this taste is not beyond the reach of most students. A library is a garden, full of fruits and flowers; with no flaming sword to exclude us, and no serpent in the grass. The delights of this free revelling, from morning till the mid-noon of night, (the mind's meridian), who shall paint? I have had many happy hours in my life; but doubt whether any were ever more entirely content than those spent, with a chosen subject for study, pen in hand, in the midst of a clover field (say rather an orange-grove) of books.

Under whatever motive,—fame, or zeal, or mercenary profit, devotion to science, or simple enjoyment of intellectual activity,—mental labor, either of acquirement or of creation, that of the scholar or of the author or artist, has its *dangers*. How short have been the lives of most great men! How the world has mourned, in prose and verse, over the early deaths of Chatterton, of Kirke White, of Landon and Davidson! What horror in the suicide of Hugh Miller! What tragic sadness in the melancholy of Cowper, what sublime pathos in the "quenched orbs" of Milton! Tasso was more than once a lunatic; Keat's heart was broken by a Quarterly Reviewer; Collins, Swift, Scott and Southey died insane. Of the noted scientific and literary men deceased within our own time, more than half have been cut off by cerebral or paralytic affections.

These are conspicuous and familiar names and events. But, the "dark, unfathomed caves" of mental misery bury many more "gems of purest ray serene." There are scores, if not hundreds, of men and women, too, whose over-intense lives "burn to the socket," in excessive mental activity, unknown to the pitiless world; or, if known, only appreciated too late to avert their self-immolation.

The *dangers of the study* are, chiefly, these: cerebral exhaustion; predisposition to cerebral disease, *e. g.* insanity; general nervous debility; dyspepsia, and loss or impairment of eye-sight. A very few words,—as little technical as possible,—will suffice us upon each of these topics.

Cerebral exhaustion may occur either *without* or *with* impairment of the functions of the brain. And, either of these forms or degrees may be *retrievable* or *irretrievable*.

When no interruption or perversion of the mental actions (*i. e.* of the cerebral functions) occurs, we may infer that there has been injury only of subordinate parts of the brain; the substance of the "convolutions of the hemispheres" not being much, if at all, affected. In such case, the symptoms are, especially, indisposition for mental effort; sense of fatigue upon slight exertion of the faculties; pain or tightness in the back of the head; great drowsiness, or, much worse, *sleeplessness;* vertigo; swimming spectra before the eyes; roaring in the ears; throbbing of the blood-vessels of the head; and, in the severest cases, an indefinable and almost unendurable sense of bodily depression and mental horror, in paroxysm, especially at night.

If the functional action of the brain be for the time impaired, memory and the perceptive faculties are apt to be first and most decidedly involved. Confusion, amounting sometimes to delirium, affects the consciousness; hallucinations blend with, or take the place of, external realities; the sufferer is haunted by sights and sounds, mostly of terror; or, his vague dread becomes insupportable,—like that which drove poor Hugh Miller to his end.

It is remarkable that this condition of brain-exhaustion may be *partial*, as regards the action of particular faculties, or modes of mental effort. The continual repetition of the same kind of intellectual exercise may cause a final inability to pursue it, or, the accompaniment of the attempt by distressing symptoms. Thus, the case of a student is upon record, who, tasking himself for several weeks to learn by rote a certain number of Greek verbs every day, became, at last, delirious. In the instance of the present writer, exhaustion having followed excessive study, a considerable portion of which was of scientific works and journals,—distress, nausea and vertigo were produced by reading for a *few minutes* in a scientific periodical; while half an hour might be spent over a newspaper with less fatigue, and a much longer time over manuscript.

Whether such a state of cerebral exhaustion, either with or without impairment of the action of the faculties, be *retrievable* or *irretrievable*, must depend, chiefly, upon the predisposition of the individual organization; the degree of excess of effort to which the brain has been exposed, and the time during which the excess has been persisted in. End 31st Oct. 1873

One or two weeks of incessant vigilance, even in the sick room, with only moderate activity of the mental faculties, but still more when intense study is pursued, or the creative powers taxed, will try seriously the sanity or life force of any one. Actual loss of sleep, for more than one week, would probably be fatal to a majority of persons; although the case is narrated of an insane patient, who was not known to close his eyes for three months. A Chinese merchant, condemned, for the murder of his wife, to die by being deprived of sleep, lived for nineteen days; suffering such horrible torment, that he begged to be relieved by death, by fire, strangulation or gunpowder, or even to be drawn and quartered.

But over-action of the brain, with merely deficient intervals of repose, may act injuriously, and, at last, destructively, through much longer periods. Little by little, with warnings

ance, that to her, death had no sting, and the grave no victory.

Died, Near Marlborough, Stark Co., Ohio, on the 22d of 8th mo. last, James Enlows, in the 76th year of his age; an esteemed member of Marlborough Monthly Meeting, in which he had for many years acceptably filled the station of Elder and Overseer.

He bore a short illness with much patience and resignation, during which, on being queried in respect to his future prospect, he replied that "he saw nothing in his way." We believe his end was peace.

——, On the 7th of 9th mo. last, at the residence of her father, in Hendricks Co., Ind., Sarah Ann, daughter of Robert and Mary Frazier, in the 26th year of her age; a member of Mill Creek Monthly Meeting.

This estimable young friend being possessed of good talents and a liberal education, had been engaged a considerable portion of her time, for some years past, in the education of youth, much to the satisfaction of Friends, and of those not of our religious Society, among whom her lot was often cast. Her exemplary behaviour, her neat but simple attire, and her amiable benevolence, endeared her to many hearts. And while we mourn her loss to her friends and the community, we are comforted in the hope that, through the aid of her Divine Master, her day's work was done in the day-time.

——, In Lynn, Mass., on the 5th of 7th mo. last, Ruth Bassett, wife of Isaac Bassett, aged 78 years.

This dear friend was from her youth exemplary in her deportment, and deeply concerned for the welfare of the Church and the promotion of the cause of truth. For many years she stood in the station of Elder, which place she filled very acceptably, her tender counsel and advice to all, and particularly to those engaged in the ministry, giving evidence of that meekness and wisdom which accompany the spirit of true judgment. For the support of the doctrines of the Gospel, and for the preservation of the order of the Church and the maintenance of our discipline, she was always enabled to stand firm. Many were the expressions during her illness, which evinced that all her hope and confidence were placed on her Redeemer; and as her end approached, she was mercifully favored to feel Him to be near, supporting her in the time of need, and clothing her spirit with quietness and peace. On the day of her decease, one of the family sitting near her, remarked, "Death has no sting—the grave no victory,"—to which she replied, "No; what a mercy! I long to be gone! Oh Lord, I pray thee, receive my spirit!" soon after which she quietly passed away.

——, On the 11th ult. at the house of her son, Dr. David Burson, near Richmond, Indiana, Jemima Burson, widow of the late Dr. Edward Burson, in the 81st year of her age.

Her physical strength had been declining for two or three years, but her final sickness continued about ten days, when she peacefully expired. In early life she was gay and light minded, but by the powerful working of Divine grace upon her soul, she was brought to a sense of her condition, and enabled to come to repentance, and to an acknowledgment of Christ, her Saviour. A great change now took place, and in process of time she believed herself called upon to declare to others what the Lord had done for her soul, and to proclaim the unsearchable riches of Christ in the congregation. In due time, her public communications being acceptable, she was acknowledged a Minister of the Gospel; and afterward, during many years, and until prevented by the feebleness of age, she continued to exercise her gift to the edification of the Church, and travel in the service of the truth.

Died, On the 30th of 3d mo. last, George Rayle, aged 62 years; a valuable member of Richland Monthly Meeting, Hamilton Co., Ind.

This dear friend endured much suffering in both body and mind during the latter part of a protracted illness, but finally left the consoling evidence that his end was peace.

——, At New Vienna, Clinton Co., Ohio, on the first of the Ninth mo. last, in the 79th year of her age, Sarah, wife of William Newby; an esteemed elder of Clearcreek Monthly Meeting of Friends.

Her exemplary Christian life and very peaceful close, leave a well grounded assurance that with her all is well.

——, On the 25th of 9th mo. last, after a short, though painful illness, Jacob T. Lukens, in the 55th year of his age; a member of Horsham Particular and Abington Monthly Meeting, Pa.

NEW ENGLAND YEARLY MEETING BOARDING SCHOOL.

The Winter Term of this Institution will open on the 30th of 10th month, on which day all pupils are expected to be present.

Applications to be addressed to the Principal,

Albert K. Smiley,

Friends' School, Providence, R. I.

9th mo. 29th, 1860.—3t.

Communicated for Friends' Review.

THE HYGIENE OF THE STUDY.

BY DR. H. HARTSHORNE.

The tree of knowledge has borne multitudinous fruit; and, with Eve like curiosity and Adam-like boldness, men still love to linger, plucking the apples from its spreading branches. Sometimes, made wise from above, they take the saplings, and graft them upon the tree of life; so to be made forever a safe shade and nourishment. Otherwise, however brilliant the verdure and delightful the fruit, its shadow will grow noisome, and its taste, sweet to the mouth, will be bitter in the soul.

The motives which may beget an overthirst for study, are many. Some desire knowledge as a weapon in their vocation, the end whereof is money. Others use similar means for fame's sake; for the glory of being known as learned men. Zeal for the defence of Truth makes a few watch long by the midnight lamp, acquiring resources wherewith to fight her battles against Error. Love of "divine philosophy" will give zest to the labors of the mathematician, pondering figures, curves and algebraic symbols; or of the chemist, amid offensive and unwholesome gases; or of the statistician, over vast records, in themselves monotonous and lifeless. But, no motive so elevated is required to chain the fine intellect to books. The enjoyment of the acquisition of knowledge makes study "its own reward." The *helluo librorum* is, often, a man without much zeal for truth, or enthusiasm for philosophy, or ambition for

enough to allow of their being unheeded, the resistance of the system and of its crowning organ and power may be worn out. Perhaps the catastrophe may at last be sudden; but the consequences are none the less slow, or painful, or doubtful, in their removal.

The warnings, or symptoms, by which nature gives sign of excess of brain-work or wear, deserve attention.

The simplest and most natural, with those who have seldom offended against the laws of health, is drowsiness. But this may be averted or dispelled by a strong effort of the will, by the excitement of an urgent motive, or by the artificial stimulus of tea, coffee, opium or diluted alcohol in moderate portions.

Inefficiency of the effort in which the mind is engaged, so that slow or small progress is made, is a similar warning; which may be, likewise, disregarded, or even removed. During a period of more or less excessive study for several years, the writer was never for a single night incommoded or impeded by a disposition to sleep, or by sluggishness of the faculties; although the only stimulus resorted to was moderately strong tea, or occasionally coffee.

The sign which is most decisive, and, when it occurs, persistent, is, a sensation of tension or tightness in the back of the head, with tingling or creeping, as if the scalp were benumbed. Whoever continues midnight study until this evidence of brain-fatigue besets him, and yet neglects the rest of which it indicates the need, endangers his life, or his sanity, or, at least, his future usefulness.

The actual diseases of the brain to which its over-work predisposes, or which it may directly induce, are, mainly, apoplexy, paralysis, softening of the brain, and insanity. Of these, we need only say, that the first two depend most frequently upon the changes in the *blood-vessels* of the brain. The liability to their occurrence is greatest in advanced life.

Softening of the brain, from excessive waste of its substance, with insufficient nutrition and repair, may occur at any age. Death follows in its train, sometimes after a lengthened interval, during which the sufferer glides slowly through a descent of mental and physical disability, often more painful to contemplate than to endure.

Insanity is, also, a result of changes in the texture, circulation and nutrition of the brain, the precise nature of which is, at present, but imperfectly understood. It has been, however, of late, well established, that *atrophy* has a much larger share in their production than inflammation.

A condition of *general debility* may follow excessive use of the mental faculties, to a degree, and with a directness, not easily appreciated by those unfamiliar with its practical exemplification.

The writer has many times proved, in his own person, that close and continued study, almost without muscular exercise, will create a demand for animal food, nearly or quite equal to that commonly resulting from bodily exertion. In the same instance, too, as well as in many others, after the condition of cerebral exhaustion has fairly supervened, a very decided bodily debility has accompanied it. At such a time, the hackneyed recommendation to "use abundant exercise" proves not only unavailing, but even injurious. In one such case, a ride on horseback of two miles, or a walk of less distance, proved too much; *repose* having been required, to allow of the re-accumulation of the wasted cerebro-nervous energy.

In this state of general weakness, there is often, although not always, the distressing irritability and over-sensitiveness called "nervousness." Thus, a professional man of the writer's acquaintance, who was obliged permanently to abandon his vocation in consequence of overwork, had to be, at one time, carried out of town *between two feather-beds*, to prevent the jarring of the movement of the vehicle, which he could not bear.

Dyspepsia is a malady to which literary and professional men have always been proverbially subject. Want of bodily exercise, and haste and irregularity of meals, serve in part to account for this predisposition. But, beyond these, the actual consumption of *nerve-force*, intense mental action or concentration, may rob the digestive organs of the dynamic energy required for the performance of their functions; just as the use of all the steam of a factory upon a certain set of wheels will prevent its being available for the propulsion of another set. Who has not lost his appetite, upon hearing important news, or upon being roused to strong emotion, just before dinner?

(To be concluded.)

From the Germantown Telegraph.

SOMETHING NEW IN PROPAGATING.

It having been communicated to the London *Gardeners' Chronicle*, by W. Preston, of Hackwood Park, that plants can be struck in incredible numbers and small space without soil of any kind, and that even apples, pears and plums can be propagated in the same way, a writer in the August *Gardeners' Monthly*, in referring to Mr. Preston's communication, speaks of his own success with great jubilation, and of what he has discovered in relation thereto, as something entitled to originality, and, judging of the claim he puts in, as entitling him to pecuniary returns. He therefore refuses to communicate the secret of his success, saying, "I shall not enter more into detail, but simply remark that my success rests entirely upon two very simple matters, the first of which is to find out *the very*

best medium for the development of the callus; and the second point is *never to plant a cutting until the callus is fully formed,*" &c.

Appended to this is a note by the editor of the *Gardeners' Monthly*, in which he takes off the polish of these would-be discoverers and monopolizers of a valuable means for propagating plants, fruit-trees, &c. He says:

"In one of our first numbers the secret came out that there was no more difficulty in striking eyes of native than of foreign grapes, *provided*, after they were cut ready for planting, they were suffered to lie mixed with damp moss for two weeks, in a place secure from drying. Here they form a slight callousity, and when planted, *all* grow. This hint, we have reason to know, has been extensively acted on, and thousands of dollars have been made through the information thus given. The hint, also, given by other of our correspondents, about leaving cuttings of such things as cotoneasters, prunuses, &c., in dark cellars in dry moss, when they would push roots freely; the accounts of striking in sphagnum moss, and many other details of practice and observation, have all pointed conclusively to one great principle, namely, that a '*callus can be formed in any cutting before being put into the soil*'; and where that is effected, it can readily be made to root.

"It is, in fact, now become well known to some—we may say many—of our most skilled propagators, that all cuttings can be made to callus, and then be made to grow. Apples, peaches, cherries and plums are now freely struck, by several in our immediate vicinity, from cuttings, and many kinds of trees once thought impossible to propagate in that way, are now raised so very freely.

"In our own experiments we have found a common preserving-bottle excellent for callusing hard cuttings. A sponge is pushed tightly into the bottom of the bottle, and water poured on. Then all the water is drained out that will go out, by inverting the bottle, and the cuttings placed loosely in. No cork is placed in the bottle, and evaporation takes place slowly, and the cutting soon forms the desired callus.

"The whole secret, in fact, is in allowing free access of air to all parts of the cutting, at the same time taking care that *evaporation shall not be so excessive as to dry up the cutting.*

"We have no doubt that all sorts of useful apparatus will be originated for rendering the process simple and easy; and the best thanks of our readers are due to Mr. Watson for bringing it thus prominently forward. As he says, it will work the greatest revolution ever experienced in gardening."

He that judges not well of the importance of his affairs, though he may be always busy, must make but a small progress.—*Penn.*

THE USE AND ABUSE OF TOBACCO.

Sir B. Brodie has addressed a lengthy letter to the *Times* on the above subject. He is an authority of no mean importance, and we therefore subjoin portions of his communication:

"The empyreumatic oil of tobacco is produced by distillation of that herb at a temperature above that of boiling water. One or two drops of this oil (according to the size of the animal,) placed on the tongue, will kill a cat in the course of a few minutes. A certain quantity of the oil must be always circulated in the blood of an habitual smoker, and we cannot suppose that the effects of it on the system can be merely negative. Still, I am not prepared to subscribe to the opinion of those who hold that, under all circumstances, and to however moderate an extent it be practised, the smoking of tobacco is prejudicial. The first effect of it is to soothe and tranquillize the nervous system. It allays the pains of hunger, and relieves the uneasy feelings produced by mental and bodily exhaustion. But the occasional use of it under such circumstances is a very different matter from the habit of constant smoking which prevails in certain classes of society at the present day.

"The effects of this habit are, indeed, various, the difference depending on difference of constitution, and difference in the mode of life otherwise. But from the best observations which I have been able to make on the subject, I am led to believe that there are very few who do not suffer harm from it, to a greater or less extent. The earliest symptoms are manifested in the derangement of the nervous system. A large proportion of habitual smokers are rendered lazy and listless, indisposed to bodily and incapable of much mental exertion. Others suffer from depression of the spirits, amounting to hypochondriasis, which smoking relieves for a time, though it aggravates the evil afterwards. Occasionally there is a general nervous excitability, which, though very much less in degree, partakes of the nature of the delirium tremens of drunkards. I have known many individuals to suffer from severe nervous pains, sometimes in one, and sometimes in another part of the body. Almost the worst case of neuralgia that ever came under my observation was that of a a gentleman who consulted the late Dr. Bright and myself. The pains were universal, and never absent; but during the night they were especially intense, so as almost wholly to prevent sleep. Neither the patient himself nor his medical attendant had any doubts that the disease was to be attributed to his former habit of smoking, on the discontinuance of which he slowly and gradually recovered. An eminent surgeon, who has a great experience in ophthalmic diseases, believes that in some instances he has been able to trace blindness from amaurosis

hool on the boys' side has continued ng the whole of the year, with a con-derable number waiting for admission:—the eficiency previously reported on the girls' side still exists; this is the more to be regretted, as we believe that the girl's department has been seldom, if ever, in a more satisfactory and efficient state.

The number of children at the several rates has been, at £12, 147; at £16, 66; at £21, 59—the average amount received per child, £14, 18, 1. These figures do not materially differ from those of several past years.

The swimming bath, which was noticed in the last report as being just completed, has proved a source of great comfort and enjoyment, both to the scholars and their teachers.

Through the kindness of two Friends, who presented £200 for the purpose, the whole of the boys' play-ground has been asphalted and otherwise improved; the children are thus enabled to resume out-door exercise immediately after rain, or the breaking up of frost. The Committee believe the advantages, both moral and sanitary, arising from this change, to be by no means unimportant.

It is gratifying to report that further contributions to the museum of the school have been kindly made during the past year. One Friend has presented a collection of 800 to 1000 mineralogical specimens, and a former Ackworth scholar, now resident in Australia, has sent, free of all charges, a number of interesting specimens of stuffed animals from that country.

In the Eleventh month last, the Committee was deprived by death of the valuable services of our late beloved friend, Joseph Rowntree, who had for many years devoted much time and thought to the best interests of the school. Sensible of the loss thus sustained, may we all accept it as a renewed call to increased dedication of all our gifts to the service of Him whose name we bear.

It has been very gratifying to notice the large attendance of Friends at the General Meetings of late years, and the lively interest generally manifested in the proceedings. This, coupled with the pecuniary aid so kindly extended, may be accepted as evidence of the place which the Institution has in the confidence and regard of the Society at large, and should stimulate to diligent efforts to maintain its efficiency.

There is much to encourage in the love and harmony that prevail throughout the family; whilst the earnestness shown by the teachers in the discharge of their duties, and the religious thoughtfulness often manifested both amongst them and their interesting charge, may, we thankfully believe, be regarded as indications, amongst others, that the Divine blessing continues to be graciously extended.

Signed, in and on behalf of the meeting,

JOSEPH STORRS FRY, *Clerk.*

A foreigner who had travelled through many countries, was asked what leading quality or characteristic he had observed most conspicuous and common to mankind everywhere. He answered in broken English, "Me tink dat all men *love lazy!*"

This disposition, which by indulgence, soon becomes a strong habit, is certainly very general, if not universal. It is not by any means confined to the habits of the body, but has a most especial control over the mind. *There are many men of very active bodies, who have very lazy minds.* We have employed many laborers who were quite willing to perform regular and severe work with their hands, who could *never be hired to think.* Mental laziness is more formidable than physical. We often meet with men who profess a great abhorrence of indolence, who, nevertheless, have very indolent habits of mind, and are mentally like an Indian who was asked what kind of work he liked best, and answered, "Me like best to sit in shade of tree, and see white man work."

Communicated for Friends' Review.

THE HYGIENE OF THE STUDY.

BY DR. H. HARTSHORNE.

(Concluded from page 93.)

Injury of the *sight* is of course ascribable to the actual abuse of the eyes in study. It may amount to blindness; or, to mere weakness and irritability of the organ, often the source of considerable privation and distress. The varieties of such disorder, however, it would be inappropriate here to discuss.

Let us pass, then, to the brief statement of the principal *errors* of *self-management* which may entail these serious evils upon the imprudent or over-zealous votary of literature, art or science.

These are,—absolute excess in the *amount* of study; deficiency of *sleep;* too great *continuousness* of application; *monotony* in the character of the mental effort; insufficient muscular *exercise;* irregularity or haste in taking *meals;* and, the use of flickering or glaring gas-light; or, of too feeble artificial light of some other kind.

The question, "how many hours of study, daily, may be allowed without injury to health," cannot be answered by a positive and universal rule. Individuals, and even races or nations, differ. The Germans have, probably, the greatest intellectual *endurance* of all men. Next to them, in the same trait, come the English. The French and Italians are characterized more especially by intensity and activity; while the Americans are an intermediate, or rather composite race; having more activity of intellect than the Germans and English, although

…th somewhat less endurance; while, in …is latter quality, we probably surpass the nations of southern Europe.

It has been asserted, that some Germans and others can study fourteen or sixteen hours of the twenty-four. If so, this is, at all events, a maximum. The minimum need hardly be specified. Bulwer, not long since, stated that, immense as has been his reading, and numerous as have been his contributions to literature, three hours daily of literary labor have been his customary average; upon the principle, that the freshness and vigor of his mind were, by such reticence, best preserved. *Habit* is, of course, of very great importance. Most men may, probably, inure themselves by degrees to study ten hours in the twenty-four; although *eight* may be considered a *safer average* estimate, under the most favorable circumstances.

Very erroneous ideas exist, in the minds of students and others, in regard to the value or necessity of *sleep*. Two popular fallacies have done mischief. First, the supposition that hours snatched from our natural repose are really added to our available, working lives; secondly, the still more prevalent opinion, in this country at least, that it is one of the cardinal virtues always to rise with the dawn, even although we may have watched long with the bats and the owls.

Argument is scarcely necessary to refute the former of these mistakes; notwithstanding the fact that very many intellectual laborers constantly act upon it, from want of consideration. *The alternation of labor with rest is an inexorable law of our bodily nature;* whatever violation of it we indulge in, is sure to meet with its penalty, in the final weakening of those very powers which we urge thus abusively. If, then, the artificial habits of civic life so turn night into day that we *cannot* complete our labors before midnight, it is good hygiene, and therefore sound morality, to eke out our needed rest after the matin-song of the birds has been sung. Poor Richard's maxim may be true; and yet, to carry out one-half of it, without the other, is but a false thrift of life.

Wonderful stories are told of the small amount of sleep taken by some distinguished men; apocryphal, I believe most of them to be. It has been, for instance, said, that Napoleon I. slept but four or five hours nightly; but Bourrienne, his private secretary, asserts that he was a good long sleeper, except when under the pressure of camp and battle life; and that, after a period of some days and nights of excitement and anxiety, he was known sometimes to sleep eighteen hours at a time without waking! Alexander Humboldt is said to have remained silent, while some one in his presence mentioned that his diurnal allowance of sleep was but four hours. As old people generally sleep little, it …probable that, if this was true (to the exclusion of an afternoon *siesta*), it applie… the latter years of his life. I am ve… about any laborious student surviving the ag… of seventy upon an average of less than six hours' sleep in the twenty-four. The brazen ball of Aristotle might often fall in vain, from the hand of one whose powers have been greatly over-taxed.

Observation and experience show, that most men require, for full health and vigorous activity of mind and body, seven hours of continuous sleep, every night. Almost every one will do still better with eight; many thrive best with nine; while as little as six hours may *suffice* through a long period for a considerable number of persons, without apparent loss of health.

Very few appreciate the disadvantage and injurious effect of too great *continuousness* of mental application. To study eight *successive* hours may do much harm to one who could accomplish ten, in the day, if alternated with active exercise and recreation. Merely remaining long in one position, with the brain in active exercise, tends to produce disproportionate flow of blood to the head; with, often, dilatation and relaxation of the cerebral blood-vessels. Fatigue, moreover, of *any* organ, even of the muscles, is much more readily the result of *continuous* than of intermittent exertion. Let any one who doubts this, illustrate it for himself, by the simple experiment of holding his right hand extended, without movement, for five or six minutes. One hour at a time is long enough to sit or stand at study, without at least *momentary* change of position and relaxation of the attention; and two hours are quite enough (hygienically speaking) without an interval of active exercise or repose. In every school and college, as well as in the private library or study, this should be borne in mind.

It is in accordance with the same law of our organization, that *monotony* is always more fatiguing than *variety* of labor. It is so, both as to physical and mental effort. A bank officer has been known to lose the use of his right hand in consequence of signing his name all day long for many days together; and I have already alluded to the scholar, who became delirious upon a surfeit of Greek verbs. Alfred Smee, who has written a work upon "debility and its causes," asserts that, in all classes of society, monotony of labor or occupation is a frequent cause of bodily and mental exhaustion.

Without at all mooting the question of *cranioscopy*, there is no doubt that the brain is a *multiple organ;* different portions of which are used, fatigued, and wasted, by different sorts of mental action. It is, therefore, an important relief, when one subject of study becomes wearisome, to turn to another. To have several irons in the fire is thus a good thing for the student. It is economical, moreover,—because one iron rad…

ates heat to another. All studies contribute to each other. All science, all truth, is *cosmic;* that is, belongs to the one universal harmony. To pursue this idea methodically, is a very different thing from discursive and rambling reading. One may study, faithfully, as many books, upon as many topics, as there are hours for study in the day; and yet gain more from each, upon this plan, than if one alone occupied the whole time. May not this variation of mental pursuits explain, in part, the endurance of those who have been most noted for the extent both of their learning and their original productions,—as Aristotle, Roger and Francis Bacon, Southey,* and Humboldt?

Nor need the same principle interfere at all with that which is a cardinal element in the success of all great performances, and in the life-work of all great men,—of doing, and being devoted to, *one thing at a time.* The governing idea, the chosen purpose, be it in Art, Poetry, Science, Philosophy or State-craft, may dominate above all others; sweeping ~~like a conqueror~~ over the domain of knowledge and thought, and chaining to its ~~car, or alluring to its~~ service, denizens of every field.

Of the necessity of intervals for active bodily exercise, we have but little to say here, as it is now generally admitted. Not only does proper exercise promote the development of the muscles themselves (an object by no means to be despised), but it so distributes the blood as to prevent its over-accumulation in the head; and, further, maintains the normal action of the digestive apparatus,—and, in short, of the whole economy: *mens sana in corpore sano.*

Similar importance attaches, for the same objects, to regularity of *meals;* a matter often overlooked or disregarded by literary men. Many of them would, no doubt, sympathize with Thomas Say, of the Philadelphia Academy of Natural Sciences; who often wished that he had been born with a hole in his side, in which he could deposit, from time to time, his required food, without the trouble or loss of time of eating it. Such has not been, however, the plan of our creation. Time is required for the consumption of our meals; and time, also, for their subsequent digestion; nor should the mind be allowed to engage itself with any but the lightest occupation, during the period devoted to the nourishment of the body.

Upon the injury often done to the eye-sight (if not, still further, to the brain itself), by study in the flickering light of gas, or with imperfect illumination by other artificial materials, it is not our purpose to dilate. It is enough to assert its occurrence and importance, of which there is ample experience.

Let us, then, recapitulate what has thus been briefly stated and considered, by laying down a few rules, to guide the application of the laws of health to the habits of the student; rules which it might be of advantage to urge upon all those to whom books are food, and thought the life of life.

For the *untrained* reader, *three* hours of daily study will be sufficient. No one ought to exceed, as an average, even after long *discipline*, *eight* hours in the twenty-four.

Every one should provide for seven hours of continuous sleep as a regular nightly allowance.

Let the student sit but one hour at a time over a book or at the writing-desk; and never remain for more than two or three hours without a half hour's or an hour's interval of either exercise or rest.

Never read in one book, or write upon one subject, for more than three hours during the same day.

Give two hours or more, every day, to exercise in the open air. Even *dumb-bells*, however, are preferable to total muscular inaction.

Never take a book to the dinner-table. Eat, always, slowly, and *sans souci.*

Never begin to study for at least half an hour after dinner.

Read as little as possible by gas-light; *never*, by a flickering or insufficient light of any kind.

By observance of these rules, or of the principles upon which they are based, careful intellectual training, with proper care of the body, may make strong men and mental *athletæ* of those whom forced study would hurry to an early grave.

Happy are they who will learn from the experience of others rather than their own, that, while the normal development and full activity of all our powers may make us fit company for God's angels, yet, however extreme our zeal, and however Herculean or Titanic our labors, we cannot make the world move one jot faster, in its intellectual and social, any more than in its diurnal or annual revolutions. Why should we, then, waste ourselves?

"They also serve, who only stand and wait."

3 years required for recovery from brain-exhaustion.

NEW SETTLEMENT IN AFRICA.

Robert Campbell, late teacher in the Institute for Colored Youth under the care of Friends in Philadelphia, has just returned from the Yomba and Egba countries, in Central Africa, southeast of Liberia, where, in connection with Dr. M. R. Delany, he has been exploring with the view of selecting a suitable location for a settlement. The expedition was very successful in its objects, and so satisfied are both these gentle-

---

* The immediate cause of Southey's mental decline and subsequent death was, the addition to his daily labors, of nightly watching, for a long period, at the bedside of his sick wife. His brain was, no doubt, tried to its full strength by the literary tasks of the day; and, when deprived of its indispensable rest, the destructive catastrophe became inevitable.

en with the results of their visit, that they purpose, with their families and a select emigration, returning to Africa as their home.

Cotton is cultivated successfully all through Central Africa, and from the neighborhood of Abbekuta alone, its export reached nearly 6000 bales in 1859. It has, indeed, more than doubled every year for the last seven or eight years. In the British market the African staple sells for as much as average New Orleans cotton, and when cleaned by improved machinery, the price is fully two cents per pound higher.

R. Campbell has prepared for publication an interesting narrative of his journey, accompanied by many curious and valuable observations upon the people, manufactures and productions of the country. Preparations are being now effected for its early appearance.

From the Evening Post.

PROVING TOO MUCH.

It often happens, when a man is over-eager in any cause, that what he alleges in its support proves much more than he intended. This is the case with a writer in *The Journal of Commerce*, a Southern planter he calls himself, who tries to persuade the trading classes that the election of Lincoln will interrupt the commercial intercourse of North and South. Are the farmers, the merchants, the manufacturers, the mechanics of the North, he asks, aware of the extent to which their labor is employed at the South? and then, in illustration of the fact, he makes this statement:

"I have been a planter for a good many years, and I was considerably startled at the result of an investigation of the subject, so far as connected with myself and my own family. On examination of my expenditures, one year with another, I find that nearly three-fourths of my income has, either directly or indirectly, found its way into the hands of Northern men; and I believe this to be true of a majority of the producing classes here.

"I am aroused in the morning by the bell of a clock hailing from Connecticut. Leaving a bed which, with all its paraphernalia, is of Northern origin, I thrust my feet into a pair of Massachusetts shoes; and, as I join my family at the table, everything that meets my eye, except the faces so dear to me, is all, all Northern.

"My coffee, which has paid toll to a Northern importer, been parched over an Albany stove, ground in a mill from Meriden, Conn., poured from a Yankee urn into a Yankee cup, sweetened with sugar refined in New York, stirred with a spoon of like origin—used to be drank without one emotion other than pleasing.

"To church or to school a Northern bell invites us. In our devotions or our dances a Northern organ or a Northern fiddle lends its inspiring strains.

"Whether we ride or walk, sit or sleep, w do all, my Northern friends, through your kin assistance.

"I take a look at my sour visage in a Northern mirror, stamp my foot on a Northern carpet, and rush out of a house which was constructed with Northern tools, fitted with Northern doors, sash, blinds, glass, etc., painted with Northern paint, furnished and adorned throughout, from cellar to attic, with the work of Northern hands. I mount a Northern saddle and ride over a farm which is cultivated with Northern implements, by negroes clad in cloth made in Massachusetts, from materials furnished anywhere from Vermont to Ohio.

"My cotton, prepared for market by Northern gin and press, enveloped in bagging which has paid tribute to a Boston Indiaman, is hauled by a Northern engine to a seaport, whence it is shipped in a Northern vessel to its ultimate destination, paying, in its transport, commission, brokerage, insurance, exchange and a host of other charges."

This is certainly a striking view of the entire dependence of the slave States upon the North. For all the conveniences, the comforts, the luxuries of life which art and ingenuity can supply, they are indebted to the people of the free States. Without the aid of Northern ingenuity and industry, life at the South would be, according to the testimony of this planter, but a rude barbarian existence, scarcely above that of the savage. His testimony to this effect is as full and as minute as we could desire, and to our readers, we doubt not, it will be perfectly satisfactory. The South cannot do without the ingenuity and diligence of their neighbors of the North. They cannot dispense with the activity and entertainment which either produce, or provide elsewhere, and bring to their doors, at as cheap a rate as they can be supplied, whatever makes life pleasant and refined, and helps to counteract the barbarian tendency of slavery.

Perhaps, however, it is intended to introduce at the South the arts by which the wants of the slave States are now supplied from the North. It is natural that the planters should wish this—but the undertaking is difficult, and none of them are likely to do anything to hasten its accomplishment. These arts will take root slowly in a community of slaveholders, and wherever they are introduced they will so far expel slavery. An example of this is seen in the German gardeners who till patches of ground in the neighborhood of Savannah, and have displaced the black cultivators, and in the white cartmen of New Orleans, who have displaced the slaves. It is only by getting rid of slavery in some degree that in the same degree free labor can be introduced. This must ever be a tardy process, on account of the discredit which accompanies labor in all slaveholding communities, and if no other expedient be proposed, the

Hygiene of Study. 29th

~~(See my Notes)~~

1. Study but eight or less hours in twenty four.
2. Sleep seven or eight hours every night.
3. Never sit more an one hour without some change of position or occupation.
4. Never read in one book, or write on one subject, for more than three hours in the same day.
5. Exercise two hours daily in the open air.
6. Never take a book to the dinner table, or begin study less than half an hour after dinner.
7. Never read by an unsteady or insufficient light.

Returning to our genial subject, —

* Balance again

Best & Principal thing

& I believe therefore that system

of education which is not

partial but general for

all the powers of the mind,

This is Deleterative of Dignity

The old line "Great wit to madness sure is near allied" is not true of such balanced minds as Shakespeare, Milton, Bacon. Newton, Leibnitz

& the faculties narrows to

meet the resources of the

individual — & exposes him to

all the dangers belongs to

extremes.

And dangers affect the moral

as well as the intellectual natures.

Now we are able to control &

cultivate our emotional nature.

Attention — to objects, whose

nature it is to produce desirable emotions,

thus the secret of character,

~~thoughtful life.~~

Our love

its unequal intellectual development.

Of the latter — it is
most common to advert to
the evils of too much indul-
gence of the imagination
& its improper Devel-
opment. These evils are pre-
-sent & great — especially in
I think we must say
the young & in the female sex.

Novel-reading is in this country
almost what opium and hashish
are in China & Turkey; an
enervating & mentally destructive
~~habit~~ agency. (Napol. I.)
I venture to
I do not say that no-
one should ever read any work of fiction;
~~fiction~~ that would be an ~~error~~ extreme.

[As a part of education,

~~—~~ an occasional mental

refreshment — a sort of

change of new impressions,

I think — everyone

ought to read, between the ages of

16 and 30, — about the

number of

well selected works of fiction: which Scott's should form the largest number;

after that, fewer.

One novel a year is about enough.

But At our City libraries, ~~Mercantile Library~~, there

are thousands of young ladies

and a good many young men, too, who read about one novel working every day

& two on Sunday, the day of rest.

This is mental intemperance

& debauchery. → over

Met, imagination is a faculty of vast importance in the mind. Well regulated, its share in the balance of mental power may safely be considerable.

"Fancy & Imagination" — Quote Wordsworth — Sonnet — "The world is too much with us" —

[Robertson / Lectures on Poetry]

We need the influence of a healthy & well-cultivated imagination for increase of sympathy, and thereby usefulness, as well as happiness. But excessive indulgence of this faculty is not cultivation — only waste of it. →

← Q Day very mild
remarks that * the alarm
of the mind may be dis-
turbed in the ordinal na-
ture ; by giving undue
prominence in culture, even to
form of the best & over
impulses or affections,
thus benevolence —
fanatical ultraisms —
one idea one motive to paramount —
Or upon religious enthusiasm &
in
emotions — It is easier to become fanatical in a
good cause than in a bad one.
True religion is, more than any other,
a perfect health influence for the mind

How is it, then, — that

so many patients, in asylums, have religious delusions — & often have their deepest and most cherished religion? —

It is because religious

the impressive magnitude of the eternal interests involved. When the mind becomes morbid, these are taken hold of, and distorted often fearfully. Religious excitements are, for some people, especially dangerous to the mind.

But — so are other

intense excitements — as those

of Politics { It is not the subject, but the degree & countenance or repetition I cryptent that does the harm.

We Even that truth has its dangers,

take pursuit

of knowledge in Science & Religion:—

"Spiritualism" (the "spirit-rapping

delusion — has had many victims

in the Lunatic Hospitals —

Another Arms, also, have had

their ~~Alchemy~~ table-turning - Mesmerism - Clairvoyance

The pursuit called by phre-

nologists Marvellousness is

one which in most people re-

quires rather to be kept down

than encouraged. To keep the

Mind healthy & extend
~~would~~ & ~~keep clear~~
important
Beware of ~~perpetually~~ these
~~stand~~ cripp-
-le thought always short-
lived Pseudo-Science
The principle for them is to believe in all new subjects as little as possible, & believe only what is absolutely proved
Met N. is decidedly how many well
really intelligent people, I have
~~N~~ educated too, & those known
to be taken in turn, by mesmerism,
clairvoyance, table-turning, electro-
-psychology, and spiritualism;
just as they had, in their time
measles, chickenpox, hooping cough
& scarlet fever; — although, unfortunately,
unlike those diseases, & the mental
disorders then are always further near
ones turning up; they never get through with them.

In the American mind,
the excellent author I have
referred to [illegible] the word
observation — that most
most of all, as they say of machinery, a
steadier movement.

There is too much Sensation in our people; a craving for the intense — in daily life — in public affairs, — in philosophy — & in religion. —

Take up a newspaper & glance over it — see how many times one of us will say "There is nothing in it" — tho' it may have mention of a dozen deaths — & marriages —

F. L. FETHERSTON. Publisher.

PRICE THREE CENTS.

FACTS AND FANCIES.

—Reverdy Johnson's dinersty is at an end.

—Senator Ross felt quite "put out" by the resident's treatment of him yesterday.

—The number of conversions at revivals during ast week is reported at over 8,000.

—Schneider has appeared in the new Offenachism, "La Dira." It won't bear translation.

—President Grant would almost have been justified if he had given Ross a Presidential wee-toe.

—Cooper's novels in a Romaic version are very pular in Athens.

—Fashionable invitations to dinner in Paris ntain the bill of fare.

—Robert Buchanan, the English poet, is coming read us his poems this coming autumn.

—Garrett Davis denounces President Grant's rited appointment of Mr. Bassett as Haytierity.

—Jubal Early declines a complimentary dinner ndered him by his Lynchburg friends. He don't nt a day of Jubal E.

—Numbers of young men are constantly leaving anover, in order to escape serving in the Prusan army.

—If Minister Bassett should be decapitated in ayti, what would be left of him? Nothing but is assetts.

—On Monday of last week Mrs. A. A. Dodd, of Ohio, receiv

[From London Fun.]

NOTHING AT ALL IN THE PAPER TO-DAY.

Nothing at all in the paper to-day!
  Only a murder somewhere or other—
A girl who has put her child away,
  Not being a wife as well as a mother.
Or a drunken husband beating a wife,
  With their neighbors lying awake to listen:
Scarce aware he has taken a life
  Till in at the window the dawn-rays glisten.
But that is all in the regular way—
There's nothing at all in the paper to-day.

Nothing at all in the paper to-day!
  To be sure there's a woman died of starvation,
Fell down in the street—as so many may
  In this very prosperous Christian nation.
Or two young girls with some inward grief
  Maddened, have plunged in the inky waters,
Or a father has learned his son's a thief—
  Or a mother been robbed of one of her daughters.
Things that occur in the regular way—
There's nothing at all in the paper to-day.

There's nothing at all in the paper to-day,
  Unless you care about things in the city—
How great rich rogues for their crimes must pay
  (Though all gentility cries out "pity!")
Like the meanest shop-boy that robs a till—
  There's a case to-day if I'm not forgetting,
The lad only "borrowed" as such lads will—
  To pay some money he lost in betting.
But there's nothing in this that's out of the way—
There's nothing at all in the paper to-day.

Nothing at all in the paper to-day
  But the births and bankruptcies, deaths and marriages,
But life's events in the old survey,
  With Virtue begging, and Vice in carriages:
And kindly hearts under ermine gowns,
  And wicked breasts under hodden gray,
For goodness belongs not only to clowns,
  And o'er others than lords does sin bear sway.
But what do I read?—"drowned! wrecked!" Did I say
There was nothing at all in the paper to-day?

or a cable-telegrams
arrives from Europe —
half a dozen fires and
3 or 4 Murders.
Or the slaughter of
whole families or assassinations by Outlaws, or a battle
destroys an Atlantic cable junction, or some other
thousand or stricken
real Great Public event, pro-
duces much impression on
these minds. ~~a storm fills~~
~~explosion will not disturb us much, but visit which~~
into our windows.
* Alas, the fretting, superficial
life of all kinds, american, as
compared with European pre-
vents for them too little repose.
Le Verrier said — "I once thought the
English the most serious people on the
face of the earth; but since seeing the Ame-
ricans, I have changed my opinion!"
→ over

More excitement in any of our lunatic
asylums than in those of Europe —

Greatest number of cases of insanity begins
about 10 years younger in ~~this~~ country than abroad

Young America lives too fast

"Blood of fire coursing in veins of ice."

especially

← * Prominent in modern times, because of the extent & rapidity of communication every where, is sympathy among mental influences

It is a remarkable power, — both on a large & a small scale; in animals & communities. (Le Bon)

Sympathy & the proximity of imitation are indeed very potent & dangerous.

— over *

of this

The simplest instances are

familiar; ——as, one of a company

yawning ——

① Nitrous oxide exhibitions — the

1st student would set the example —

(1)

(b) Mysteries in a boarding school —

(2) Effect of capital punishments ~~in increasing crime~~

(3) Epidemic suicide in Paris — at a certain period —

On a larger scale — the

terror of mobs — really

displays the same principle. (4)

fearful —— the reign

(5) ^

terror of the French Revolution was

a popular madness —

But never in the world

was electric sympathy more

wonderful (& instantaneous) than

in this country on several occasions
during the War of the Rebellion:
in the East
most signally at the time of
the fall of Sumter
& again at
the Surrender of Gen. Lee
& the death of Lincoln:
when flashed over the wires as the nerves, a whole continent
was astounded, elated, or depressed, by one overwhelming emotion.
No one can be altogether
unenlightened, mentally, the dross of the
unconscious, by those about him.
Secret springs of action thus
exist, of the greatest importance.
Public events in our country at
the Torquerville called the
"tyranny of public opinion".

"Let me make the Songs of a nation &
I care not who makes its laws."

The power of the Marseillaise Hymn on the French populace made it needful for the Imperial government to forbid it being sung or played in public.

Great National events

The assembled & the will

of a few men,

Upon One Man &

Frequently

Popular emotional impulses

underneath.

The Reformation Luther

The American & French Revolution

e.g. -

When a man goes strongly

Counter to some general impulse

movements — then is he great indeed.

So with the 1st Napoleon — in

making himself Emperor on the

breaking of the wave of a democratic revolution

at the Louis Napoleon, in the unexpected peace of Villafranca, after his Italian victories over Austria in 1859.

Of the magical sway

one mind & will has

Over

[illegible] arena

shown on a

but very splendid — by the

Prussian

in chief General Sheridan

the battle of

at Winchester turned the

panic ^ a already won

into a victory, by ^ the power of his

personal presence,

[No triumph of Demosthenes

Patrick Henry, or Mirabeau

in eloquence, over the feelings

of a crowd of men was ever so

great as that of this poor worn hero-man

as he rode in haste along the broken lines

& form then again at once.

* *

With more time, we might take interest in dwelling upon the remarkable examples which almost every century has presented, of epidemics more or less widespread, of popular frenzy, & even of crime; including suicide, homicide, & infanticide: the fanaticism of the Crusades, strangest offspring of the Christian Crusade, & of the flagellants of the 14th Century, the dancing mania of the same period; the witchcraft & Scotch & New England; the convulsion- naires & others of insane, & the violently des- -tructive religious excitements occurring in Europe & even in this country from time to time. Let me name only these examples: In Pekin, now 9000 infants are exposed & die annually; in 10 yrs of Henry IV's reign, 1900 duels were fought in France; in 1793, 1300 Suic- -ides occurred in the single town of Paris; fully three quarters of the insane in this country have attributed their insanity to Every one may choose what the more barbarous & the greater evil to Society. /

(See last page, expanded form.)

Homicide & suicide together, - 1872, common.

To go down to instances
not at all grand, ——— show this
person's nervous & mental sympathy —
as related (by Boerhaave) that
a certain school master near
Leyden, who flogged, four
many of his pupils, after a
while to look cross-eyed
like himself.

Sometimes this more violent.
John Wesley, the founder of
Methodism, tells in his
Journal —

Sunday with the Society in the Psalms
broke out into uncontrollable Laughter.

(Last page.)

Let me sum up our conclu-
-sions, as to what influences are
most beneficial & what conditions
most preservative of mental health &
efficiency:
They are —

Sound bodily Constitution:
well-balanced education:
Regular occupation; part
which involves daily exercise in
the open air: Sufficiency of regular sleep:
Moderation in diet, and in
excitements and
all indulgences: — and, lastly,
well founded
A reasonable, and tranquilly-fixed and
Christian
religious faith; ~~which trusts not~~
~~without abundant evidence — that~~
~~"whatever is, is right" — if only we~~
~~do our duty as well as we can~~
or rather,
"faith, hope & charity,
these three": as, with such as those of whom the poet wrote that
we took up the harp of life and smote all the chords with

Succès Fontan
epidemic by Dupuytren
at the Hôtel Dieu
Invalides at Paris, from you
ague — a disease peculiar
-self to a post. Within
a short time 12 of the
twenty thousand & the same
post. The post was removed
& no more fresh cases
Alonicide Nodes,
sometimes. A French nurse
would be neighbor child in Paris.
& was much talked about — &
Esquirol other son experts per a 8
[illegible] at home. by person before
[illegible] Bronte by [illegible] that [illegible]

[But, on an extensive scale, more than the Egyptians or Jews

have suffered.

× In the 15th 16th & 17th centuries Europe was many times actual ravaged by pestilence.

[One of these occurred in the commune of Amou in Aquitaine, when 80 women & children were seized by a sort of convulsive barking affection called the Mal de Laïra.

[In a convent à another
part of Paris, some nuns
were attacked one day at
the same hour with an vio-
lent paroxysm of convul-
sive cats: to the great scandal of re-
ligion," as the writer says who describes it.

* The Convulsionnaires

near the end of the 17th century
shook terribly while they
professed to preach. In one
town any female old enough
was so affected.

× The Convulsionnaires Of
St Medard were set to prance
about like mad grasshoppers, by
priest's lying on the tomb of the Abbé Paris,

All kinds of people
suffered by this epidemic.
In a convent of Ursuline
nuns at Loudun, France,
even a more tragic example
occurred. Those nuns were of
families of rank; & when the
were supposed to be possessed of
demons, the clergy set
to work to drive them out;
but the priests became en-
tirely affected; one priest was
condemned to death & executed -
priest & a surgeon in fury & despair
at the
death of the
Earth met its fate in melancholy.
for life.

The Witchcraft of New England

Mr. Lowell has written on this N. England Tragedy,
other times, more about a
extraordinary, [illegible]
some people accuse others
of being in league with Satan
& then the air at midnight
is a mistake — but the
accused in a number
of cases confessed the
truth of the charge —
Decided minutes all kinds
of absurd impossibilities.

Nearer to our time
have been the remarkable revivals
at the beginning of this century
in our Western States.

A clergyman described what
occurred in conversion in three
cases — in the fall of exercises
2 the Jerky exercise 3
the rolly or 4 the running
exercise 5 the dancing exercise
6 the barking exercise — 7 the
visions & trances.

I don't like the term occurred
used in 1841 — 42 — &
in Ireland in 1857 — 58.

Women's Temperance Crusade,

Ohio Drama, 1874

a wonderful "emotional

wave".

~~Children's Crusade in Europe~~

~~yet more astonishing in nature.~~

It is not ~~[illegible]~~ to be asserted that all ^ religious movements are thus accompanied. (1)

The very extensive & important religious revival of 1856-7-8-9 ~~had~~ was ~~[illegible]~~ undoubtedly ~~extravagances~~. But Dr Ray mentions 2 persons who ~~[illegible]~~ died ~~a man died~~ at that time ~~excitation~~ became insane in consequence.

~~A parallel~~

Moody & Sankey revival 1874—6 remarkably devoid of morbid excitement even

The two things which, on the whole, are most unfavorable for soundness of mind are, — over-excitement and idleness. Work is sanative; regular, not excessive work — not too monotonous, unless relieved by good periods of rest; — best of all if a good deal of it is in the open air. Agriculturists have then the advantage over all others: only too happy, as Horace said long ago, if they only know their own good fortune. The nearest to a state of nature — normal nature — that anybody can live, I think, is, — to be in the country and work on a farm, but having good society, — access to a library and a lyceum. ^ Still, as all our nature is and has been, it seems we mostly have to work hard for it — and that is good for us.

X

Says an old author: "Other men look to their tools; a painter will wash his pencils; a smith will look to his hammer, anvil, forge; a husbandman will mend his plough-share, and grind his hatchet if it be dull; a falconer or huntsman will string and unstring his lute: only scholars neglect that instrument which they daily use, and by which they range all over the world."

The secret of accomplishing a great deal of brain work may be expressed in a few words: Be methodical; waste no time; and take a great deal of rest.

College will meet on Fourth=day,

the inst., at half past 3 o'clock,

P. M., at the usual place.

Month 187

The Committee on Instruction will meet at 3 P. M., at the same place.

For preservation of mental health the following principles are important:

1. Avoid a tendency to credulity about new and strange things.

2. Attain, by deliberate inquiry, a settled conviction in regard to the essential truths of religion.

3. Avoid extreme mental excitement upon any subject; and beware of the sympathetic effect of strong emotional excitement in others; especially that of numbers of people similarly moved at the same time.

Emotion is a part of our nature; it is not to be either destroyed or enslaved; but only regulated, and kept in harmony with duty and judgment.

OFFICE OF "FRIENDS' REVIEW,"

109 NORTH TENTH STREET,

PHILADELPHIA, 1871.

RESPECTED FRIEND:

Believing that thou art interested in extending the circulation of "FRIENDS' REVIEW," I venture to request thy co-operation therein as follows:

If thou wilt send me the *name and address* of persons, whether members of the Religious Society of Friends or not, whom thou mayst consider likely to subscribe for the paper, it will be sent to them for four weeks without charge, provided they do not already take it.

It is hoped that those who thus receive it will become thereafter permanent subscribers.

For each new subscription obtained in this way, our agents will be entitled to the usual commission of fifty cents for the *first year.*

Thy Friend,

ALICE LEWIS,

Publisher.

Friedlanders Table.

Age	Hrs of Sleep	Exercise	Occupa.	Repose.
7	9 to 10	10	1	4
8	9	9	2	4
9	9	8	3	4
10	8 to 9	7 to 8	4	4
11	8	7	5	4
12	8	6	6	4
13	8	5	7	4
14	9	5	8	2
15	9	4	9	2

Psychology – the Science of Mind,
has two aspects; the Metaphysical and
the Physiological. For all considera-
tions referring to Mental health, we
need to dwell most, if not altogether, upon
the latter side or view of it.

~~Thursday~~

Tuesday

Forms of Insanity.

Acute Mania
Chronic Mania
Monomania
Melancholia
Dementia.

Causes of Insanity in 1000 Cases.

Physical Causes.

Intemperance — 164
Epilepsy — 68
Child-bearing &c — 45
Vicious Habits — 40
Bodily Diseases — 18
Other Diseases of Brain — 14
Old age — 8
Injuries — 4

Undetermined

27

Moral Causes.

Domestic Trouble — 241
Grief — 88
Wounded Feelings — 84
Religious Excitement — 56
Disappointed Affection — 53
Political Excitement — 48
Over Study — 34
Fright — 8